

7-Day Post-Discharge Planner

Your first week home, planned before it starts. Use with your written discharge instructions.

NAME / PERSON THIS SHEET IS FOR	HOSPITAL	DISCHARGE DATE	DAY 1 (FIRST FULL DAY HOME)

1 Key contacts and my follow-up visit

QUESTIONS AFTER DISCHARGE: NAME / 24-HOUR PHONE	PRIMARY CARE PROVIDER / PHONE	
PHARMACY / PHONE	HOME HEALTH OR EQUIPMENT COMPANY / PHONE	
FOLLOW-UP VISIT: WHO	DATE AND TIME	RIDE: PERSON / PHONE

- ☐ My follow-up is booked with a **date and time**, not just “recommended.”⁵
- ☐ If I have Medicare, I asked my provider's office whether they offer **transitional care management**, with a visit within 2 weeks of coming home.¹
- ☐ I asked my primary care provider to review **all** my medicines at my first visit after discharge.²
- ☐ My primary care provider has my discharge summary, or I am bringing it.

2 72-hour recovery readiness: set up before I get home

- ☐ Ready-to-eat food for at least 3 days, within easy reach.⁴
- ☐ Water, and any drinks I am allowed, near my bed or chair.⁴
- ☐ A working thermometer, and I know what temperature means call.⁴
- ☐ A pill organizer, filled for the week and double-checked by a second person.⁴
- ☐ Clear paths: no throw rugs or cords, night-lights from bed to bathroom.^{3,4}
- ☐ Phone and charger within reach of where I sleep and sit.
- ☐ Equipment delivered, set up, and working (walker, oxygen, shower chair).⁵
- ☐ New prescriptions picked up, or a named person picking them up today.
- ☐ Discharge papers and my medicine list kept together in one place.
- ☐ Things I use daily moved to waist height, so I do not climb or bend.³

TRU-TIP • Plan Day 2 and Day 3, not just Day 1

Most people plan the ride home and the first night. Day 2 is when the helper often leaves and medicine mix-ups show up. By Day 3, early signs of infection or dehydration can appear. Name who checks on you each day, at what time, and what would make them call for help.⁴

3 Medicine check when I get home

- ☐ I compared my discharge medicine list with every bottle at home, and marked each one **new, changed, stopped**, or **same**.⁴
- ☐ Stopped medicines are bagged and put away from my current ones. I asked my pharmacist about a take-back site.⁶
- ☐ If an old bottle and a new prescription look like the same drug, I asked my pharmacist before taking either.⁴
- ☐ Questions about any change go to my care team or pharmacist. I do not start or stop a medicine on my own.

TRU-TIP • Old bottles plus new orders can mean double doses

The hospital may switch you to a new strength or a different brand of the same medicine. At home, the old bottle is still on the counter, and it is easy to take both. Put stopped medicines out of sight the day you get home.⁴ For the full start, stop, and change list, use the SynquUp™ Hospital Discharge Checklist.

4 My check-in team for the first 72 hours

Role	Name	Phone	Visit or call? Time
Discharge driver			
First-night support			
Day 2 check-in			
Day 3 check-in			

5 Day-by-day check-in log

Day 1 is the first full day home. Fill in the plan before you leave the hospital, then check off each day as it happens.

Day and date	Who checks in, and when	Medicines on track?	Temperature and symptoms	Follow-up calls and appointments
Day 1 		☐ AM ☐ PM		
Day 2 		☐ AM ☐ PM		
Day 3 		☐ AM ☐ PM		
Day 4 		☐ AM ☐ PM		
Day 5 		☐ AM ☐ PM		
Day 6 		☐ AM ☐ PM		
Day 7 		☐ AM ☐ PM		

6 If no one hears from me

NO CHECK-IN WITHIN ____ HOURS	FIRST CALL: NAME / PHONE	THEN: NAME / PHONE (OR A WELLNESS CHECK)

If there is any sign of an emergency, or no one can reach me and I may be hurt, call 911.⁵ Everyone on my check-in list has this sheet or a copy.

7 When to call, and who

Warning sign from my discharge papers	What to do	Who to call / phone

CALL 911 RIGHT AWAY

For chest pain, trouble breathing, fainting, or signs of stroke: face drooping, arm weakness, slurred or strange speech, sudden loss of balance or vision.⁷ Do not drive yourself.

TRU-TIP • Confirm, do not assume

“They said someone would call” is how follow-ups get missed. If the follow-up visit, home health start, or equipment delivery has not happened by the day it was promised, call that same day. Write down the name of who you spoke with and the date.⁵

Want to go further? The SynquUp™ Emergency Life Binder by Chuck Kinney includes a full Post-Hospital Recovery Plan and Check-In & Escalation pages, so your helpers know exactly what to do and when. Free tools: chuckkinney.com/free