



TOOLKIT 13 · DISCHARGE & TEACH-BACK · TOOL 3 OF 5

My After-Hospital Care Plan

The one sheet the patient takes home: why I was here, my medicines, my appointments, what to watch for, whom to call. Large print, plain words

My name	
I was in hospital from _____ to _____ because (in plain words):	
My doctor in hospital · the ward · the ward phone	

MY MEDICINES — BY TIME OF DAY

Medicine (name, strength)	Morning	Midday	Evening	Night	What it is for	New / changed / same

MY APPOINTMENTS

What	Where	Date	Time	Bring

TESTS I AM STILL WAITING FOR

Test	Who will tell me the result	By when

WARNING SIGNS — AND WHAT TO DO

If I notice...	I will...
	Call _____ (clinic, day)
	Call _____ (night / emergency)
	Go to the emergency department
This plan was explained to me and I explained it back ☐ Family member present: _____ Nurse: _____ Date: _____	

Adapted from the AHRQ RED Toolkit After Hospital Care Plan.

