My discharge to-do list

On your first day in the ward:
- Ask your team about your expected discharge date
- If you will need help at home, talk to your team
- Check that we have your up-to-date GP details
- Tell us who is your next-of-kin

2 days before your discharge:
- Talk to your team about your discharge plan. We will include your family, if you like.
- Talk to your team about how you will get home
- Ask your doctor if you need a certificate for work

1 day before your discharge:
- Make sure you have arranged transport home. Check in with your family or friends to confirm the time.
- Ask your nurse if you need any wound dressings for home

Day of your discharge
- Do I have my valuables with me?
- You may be given outpatient appointment times, your medications or a prescription or transfer information.

Your ward

Contact Number

My estimated discharge date

Alfred Health
55 Commercial Road, Melbourne VIC 3004
Tel: 03 9076 2000
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.info@alfred.org.au
Planning for your discharge

To ensure your discharge from hospital is not delayed, we will be planning your discharge as soon as you are admitted to hospital.

Your next destination may be your home, rehab or another facility.

We will discuss your estimated date of discharge, transport options and any care needs you have, then agree on a plan.

It’s OK to ask your team when you will go home

We will give you an estimated date for discharge within the first day of your stay, where appropriate, and update you if this date changes.

We will discuss and agree on equipment or support needs you may have, so that they are available when you are discharged.

When your treatment is complete and your team is happy for you to leave hospital, your discharge will be prioritised.

Depending on the reason for your hospital stay, you might be on our Criteria Led Discharge program. Your medical team will lead your care and provide instructions for your discharge to the nursing team. Once you have met the criteria for discharge, you will be able to go home (or to another care setting) without waiting to see your doctor.

How can I help?

You will need to arrange your own transport home. The hospital provides transport only for people with a medical need.

Make sure you have suitable clothes, a bag for your belongings, your house keys and enough food at home (if that is where you are going next).

Please let us know if you need a certificate for work.

Discuss with nursing staff any dressing/equipment you might need on discharge.

Information about your stay at Alfred Health will be automatically sent to your local doctor, so please update your local doctor details.

If you need to update any of your details, talk to your nurse

Your medication

Medication which you brought into hospital, and still need, will be returned to you, if it is suitable to use. Medication you no longer require will be left with the ward staff.

If you have started new medication, you will be given a small amount to take home. Please see your local doctor for a repeat prescription before this supply runs out.

We will talk to you about your medications. Ask us if you would like the information repeated or written down.

Your local doctor will be sent information about your stay in hospital and medication changes. When you are home, if you have any questions about your medication, your local doctor or local pharmacist will be happy to help you.