

Stroke: Tips for a Successful Discharge

There is a lot to think about as you get ready for your transition from hospital to home. Below you will find some helpful tips to prepare you for discharge.

- Take all of your personal items home with you, some examples may be:
 - Glasses
 - Dentures
 - Hearing aids
 - Walker or cane
- Ask a family member or friend to arrive early to review final discharge instructions with you and your nurse.
- Contact your nurse case manager to understand your final discharge plans.
- Review your discharge instructions with your nurse. During this time, ask any questions you may have about your care after discharge.

Before discharge, be sure you understand the following:

- Your medications and prescriptions
- Signs/symptoms of a stroke and to call 9-1-1
- Activity/Restrictions
- Diet
- Follow up appointment information

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