

Schedule appointment

- You need to make an appointment to follow up with your doctor or specialist

Ask about test results

- Talk to your doctor about any of your test results (any pending tests and results)

Know and take your medications

- Know which meds are **NEW**, **OLD**, or should be **STOPPED**
- Know indications, side effects, and how to use medications. Keep a meds list.

Exercise & eat healthy

- Get the right kind of exercise
- Eat the right kind of food

Know **WHEN** to call

- Know when to call when you feel certain symptoms

Know **WHO** to call

- Keep a list of who to call with questions or problems

Share information

- Share your care plan with your family members and others who can help you

My name: _____

When I'm leaving the hospital : _____

If I have questions or problems, I should call:

1) _____ Phone: _____

2) _____ Phone: _____

My medical problems include:

My medication allergies are: _____

My pharmacy is: _____ Phone: _____

The medications I am supposed to take are (Note: can have a separate section):

What food should I eat and what should I avoid?

1) Should eat: _____

2) Avoid eating: _____

What activities are good for me and what should I avoid?

1) Good: _____

2) Avoid: _____

My next appointments:

Date:	
Time:	
Doctor:	
Address:	
Phone:	
Reason for appointment	