

# Your Hospital Discharge Explained

Information for Patients and Carers

Patient Name:

Estimated Discharge Date:

Ward Contact Details:

t: 01 806 5300  
[bonsecours.ie/Dublin](http://bonsecours.ie/Dublin)



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# Leaving Hospital

When you are ready to leave The Bon Secours Hospital Dublin we want you to understand fully what has happened while under our care and what happens next.

You may find it useful to think of your discharge from hospital in terms of the “5 D’s”.



## Diagnosis

Be clear about your diagnosis, test results and this will include a communication to your GP (in-patients will receive a copy of a discharge summary for their GP).



## Drugs

Know about what medications to take, any changes to dosing, any new drugs, how to take them and about possible side effects.



## Doctor

Follow-up: Know who to contact if you are worried about your condition.



## Directions

You have written information about what to do after leaving hospital. You are aware of possible danger signals to look out for after leaving hospital.



## Diet

You are aware of any dietary restrictions or interactions with medications.

## After Surgery

Shortly after your admission to the Bon Secours Hospital Dublin, an estimated date of discharge (EDD) will be shared with you. This predicted date of discharge is based on average length of stay for procedures/symptoms similar to your own.

While the EDD may change depending upon your clinical condition, it provides a goal for your clinical team and guidance for you and your relatives as to when you are likely to be ready to go home.

Before leaving hospital, it is important to consider all future needs, to ensure this transition is safe and manageable for you and your carers. Please ask if you have any questions regarding the following:

- Do I need to arrange transport home?
- How soon should I start to feel better?
- When can I expect to return to work?
- Are there any limitations on my daily activities?
- When can I resume driving?
- Will I be referred to another service, such as public health nurse, dressing clinic, community support services, home help?
- Will I need any special equipment at home? Is this covered by my insurance and/or medical card?
- Will I have any follow up appointments with my consultant, hospital, community services? Will I have any further tests?
- Who do I call if I have any problems after leaving the hospital?

## Things To Do the Day Before You Go Home

On the day before you leave the hospital consider the “5 D’s”.

Ask for help (if required) with transport arrangements.

Make sure you understand what you can and cannot do when at home.

Ensure you have suitable clothing and footwear to wear going home.

Ensure you have access to any necessary aids/equipment for your discharge and have been trained in the use of the equipment.

Arrange to have access to your home, food available, and your heating is turned on if needed.

Consider the following questions about your medications:

- What medications will I need to take home? Ensure you get a complete list of all medications at discharge, including any changes made while you were in hospital. Take this list with you when you leave the hospital
- Can I get written information about new medicines? Are there any food or drinks which I should avoid while taking these medications?
- Are there any other drugs (over the counter, prescription or homeopathic) which I should avoid while taking these medications?
- What are the serious side-effects of the medication?

## On the Day of Discharge

On the day of discharge we will:

- Help you pack your belongings
- Return any valuables from safe keeping
- Provide a list of medicines and explain to you what they are and how to take them
- Provide you with a copy of your discharge summary (overnight patients only). A copy will be kept on file and a copy will be sent to your GP (or we may ask you to forward a copy to your GP)
- Discuss with you details of any future appointments or tests required. If appointments are made after your discharge, then the appointment details will be sent to your home address
- Provide you with any equipment you require, such as raised toilet seat, walking aid, orthopaedic shoes, catheter equipment, glucometer, nebuliser etc
- Provide you with urgent care advice should you run into any health concerns

## Feeling Unwell After Discharge

When you leave hospital, it is important to know the signs and symptoms of the following:

### Sepsis

Sepsis is the body's reaction to an infection and requires urgent medical attention. Please seek medical advice if you develop any of the following symptoms:

- High temperature
- Feeling cold & shivery / hot & flushed
- Severe fatigue
- Aching muscles
- Sickness / Diarrhoea
- Loss of appetite
- Feeling confused / slurring of speech

# Blood Clots

A blood clot following hospitalisation can occur up to 90 days after you go home. There are 2 types of clots – DVT and PE requiring urgent medical attention.

Deep Vein Thrombosis (DVT) is a blood clot that forms in a deep vein, usually in the lower limb or pelvis. It may not cause any symptoms or it may results in swelling, redness and tenderness in the lower extremity.

Pulmonary Embolism (PE) occurs when a clot becomes dislodged and enters into the lungs. Please seek medical advice if you develop any of the following symptoms:

- Shortness of breath
- Chest pain
- Cough (which may be blood stained)
- Collapse

Other symptoms to watch out for which may signal a complication or unresolved clinical issue, include:

- Return of previous symptoms
- Unexplained pain
- Skin rash / allergic reaction
- Shoulder tip pain

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# Useful Contacts

In the case of an emergency or concern regarding symptoms, please make direct contact with:

Dept./Ward:

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Tel:

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# Other Numbers

Bon Secours Hospital Dublin - 01 806 5300

Beaumont Hospital Emergency Department - 01 809 2714

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