

## Information for patients

# Leaving hospital

We understand that being in hospital can be a worrying time.

### Why am I leaving hospital?

Your hospital team has decided you are well enough to leave hospital and it's safe for you to:

- Go back home (with help if you need it).
- Move to a different place where you can get the care you now need.
- Move somewhere while you wait for long-term care.

### Why can't I stay in hospital?

Leaving hospital when you're well enough is important. If you stay longer than needed, you can slow your recovery. You may lose strength or doing things by yourself may become harder. It may also increase your risk of confusion (delirium) or infection.

### Where will I go?

You can't stay in hospital once you're ready for discharge, so your hospital team will work closely with you and your family, or your carer or support team. They'll help find the best place for you to go.

### Getting ready to leave hospital:



**1. Pack your things:** Take all your clothes, electronic devices, and valuables. Also take anything you received in hospital like medical certificates, scans, or test results.



**2. Pack your medicines:** You will be given the medicines you need, and your hospital team will explain how and when to take them.



**3. Remove devices:** If you have any tubes or wires, your nurse will take them out – unless you still need them.



**4. Discharge letter:** You will get a letter that explains your hospital stay. A copy will also be sent to your GP. Try to book a follow-up appointment with your GP as soon as you can.



**5. Going home or to another care facility:** Before you leave, ask your hospital team about:

- Your medicines.
- How to stay well, like what to eat and what activities you can do.
- Who to call if you feel unwell.
- Any community services that can help you.

On the day you leave hospital, you might wait in the discharge lounge until someone can pick you up. If you have any questions, please speak with your hospital team. We're here to help you.

The hospital's Consumer or Patient Advisor is also here to help.