

# DISCHARGE CHECKLIST FOR PEOPLE WITH DIABETES

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## Hospital discharge checklist

## Home health care services (if ordered for you)

## At home checklist

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## Discharge Checklist For People With Diabetes

### Hospital discharge checklist

- Do you know the names, dosages, and directions for taking all your medicines?
- Do you have your prescriptions for medicines and blood sugar testing supplies?
- Are you able to fill your prescriptions?
- Do you have a blood glucose meter?
- Do you have a log book for recording the results of your blood sugar testing?
- Do you know how to test your blood sugar and how often to test?
- Do you know how often and which foods you should eat?
- Do you know the signs of low blood sugar?
- Do you know the signs of high blood sugar?
- Are you scheduled for outpatient diabetes education?
- Do you have the names and telephone numbers you need for future appointments?
- Do you need to talk to a social worker?

### Home health care services (if ordered for you)

- Do you have the name and telephone number of a contact person at the home health care agency?
- Does the home health agency have the telephone number and address of where you will be staying?
- Will your take-home supplies last until the first nursing visit?

**NOTE:** If you do not hear from the home health care agency within 24 hours, call the contact person from the agency.

### At home checklist

- Test your blood sugar as directed, write the results in your log book, and bring the log book with you to all your medical appointments.
- Make an appointment with your primary care doctor after you get home.
- Tell your primary care doctor about your hospital stay.
- Make an appointment for outpatient diabetes education.

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