Your hospital stay – planning for discharge

What we will do
Planning for your discharge will start on or before admission where possible. We will discuss your estimated date of discharge and together agree a plan.

We will discuss your needs and agree the help you need at home with the involvement of your family and/or carer.

If you need to be transferred to a community hospital, we will send you to the first available bed. This may not be the one closest to where you live. The priority is to start your rehabilitation as soon as possible.

What we expect from you
We will expect you to be fully involved in planning your own discharge, together with a relative, carer or friend as appropriate.

We expect you to arrange your own transport home. Hospital transport is for people who meet strict medical criteria only.

You need to arrange outdoor clothes, your house keys, ensure heating is on and that you have enough food at home.

Please let us know if you require a medical (sick) certificate.

Medication
Medication which you brought into hospital, and still need, will be returned to you.

If you have started new medication, you will be given a supply to take home. Your GP will then prescribe more if required.

We will explain your medication. There are also written instructions on the packaging and an information sheet will be provided.

Day of discharge and follow-up
We will aim to get you ‘Home for Lunch’ on your day of discharge wherever possible. We may ask you to move to a transfer area/lounge or day room; here you can wait in comfort for your relative/carer/transport and medication. This will enable us to start treating another patient.

You will be given, and we will send, a letter to your GP explaining the reason for your hospital stay and giving details of your medication.

Help at home and equipment
If you and your team agree you need help at home, a discharge letter detailing support services will be sent to your GP. The support services will be arranged before your discharge.

If you need equipment at home, we will agree arrangements with you. We will show you and your carer how to use any equipment provided before you leave hospital.

For more information, visit: www.ouh.nhs.uk/leavinghospital