



Discharge Checklist

For heart patients at UW Medical Center

Use this checklist to help you prepare for discharge from the hospital. Ask your nurse if you need help with anything on this list.

- I have the “Living with Heart Failure” handout.
- I am tracking my numbers and how I feel (green-yellow-red) every day.
- I know when and who to call.
- I have a scale at home.
- I have a blood pressure cuff at home.
- I know why and how to take my medicines.
- I have a mediset.
- I can pay for my medicines.
- I have the support I need at home to take care of myself.
- I can get to my healthcare appointments.
- I have a follow-up appointment within 7 days of discharge.
- I can have nutrition counseling after discharge. I can ask my doctor for a referral, or I can call 206.598.6004.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Heart Institute at UWMC:
206.598.4300