It is important to know about your self-care after surgery. Bring this handout with you to the hospital and write down the information you receive.

Preparing to Leave the Hospital

As you get ready to leave the hospital, you may have several questions that need to be answered. You need to be aware of any restrictions you will have, new medicines to take, when to follow up with your doctor, what numbers to call in case of an emergency, etc.

Here are some questions you may want to ask before you leave the hospital.

- How and when do I take my medicines?
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________

- What are my activity restrictions? When and how much can I exercise?
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________

- What are my diet restrictions? Can I drink alcohol?
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________
  ____________________________________________________________

- When can I drive?
  ____________________________________________________________
  ____________________________________________________________
• Do I need special supplies (bandages, tape)?

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• When do I see my doctor again?

________________________________________________

________________________________________________

• When can I take a bath, use a sauna, or soak in a hot tub?

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________________________________________________

• What time will I check out of the hospital?

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________________________________________________

• What problems should I report to my doctor?

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• What numbers do I call if I have any problems?

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Other Questions

Use the space below to write down any other questions you want answered before you go home.

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Questions?

Urology and Urogynecology Clinic

hours are weekdays, 8 a.m. to 5 p.m. Call 206-598-5960.

After hours and on weekends and holidays:

If you are a patient of
Dr. Michael Fialkow or Dr. Gretchen Lentz, call 206-598-6190 and ask for the Gynecology Resident on call to be paged.

If you are a patient of
Dr. Jane Miller, call 206-598-6190 and ask for the Urology Resident on call to be paged.