



## The First 14 Days After Discharge Checklist

The transition from hospital to home is one of the most critical periods in recovery. This checklist helps patients and families stay organized, understand medications, and recognize warning signs that may require medical attention.

### Recovery Readiness Checklist

- Review all discharge instructions before leaving the hospital.
- Confirm medication list and understand new or discontinued medications.
- Schedule follow-up appointments with primary care or specialists.
- Understand activity restrictions and recovery expectations.
- Prepare the home environment for safety and comfort.
- Track symptoms and monitor for warning signs or complications.
- Keep a list of questions for your healthcare providers.
- Ensure prescriptions are filled and taken as directed.
- Stay hydrated and follow dietary recommendations.
- Maintain a list of emergency contacts and healthcare providers.

Need help understanding discharge instructions, medications, or recovery plans? KLM Cares provides RN-led stabilization and health literacy support for patients and families navigating the transition from hospital to home.

#### **KLM Cares Nurse Concierge Services**

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