

Discharge Goals

There are several goals that need to be reached prior to being discharged home: *(check off and date when completed if you'd like)*

_____ Drinking and eating well

_____ Tolerating oral pain medications with adequate pain relief

_____ Walking independently with no assistive devices

_____ Urinating without any problems

_____ Getting in and out of bed and in and out of the bathroom either independently or with minimal assistance from another person

_____ Passing gas—it is not necessary to have a bowel movement before discharge



A Discharge Planner will meet with you during your hospital stay to discuss your discharge needs, if necessary. It is a good idea to start thinking about discharge needs before surgery takes place. Knowing ahead of time what your needs are and who you have available to assist you will help when your discharge day arrives.