HOW TO PREPARE FOR YOUR HOSPITAL ADMISSION

A hospital stay is a transition of care from the usual and customary care you receive every day. Although this event can be somewhat stressful, you and your family may be more prepared if you have a better idea of what to expect.

The following information is provided to you by Care1st Health Plan in anticipation of your future hospital admission.

Pre-Admission Packet

You may receive a packet of pre-admission papers from the hospital. If you did not receive a pre-admission packet, call the hospital to see if they have one.

The packet will have basic information such as:

- What tests you may need before admission.
- Where to go on the day of admission and what time to arrive.
- Visiting hours.

Items You SHOULD Bring to the Hospital

- Patient’s insurance information and identification card.
- List of Primary Care Physician (PCP) and any other treating doctors. Make sure to include each doctor’s phone number and other contact information if you have it.
- Telephone numbers of family member, friend or care giver to call in case of an emergency.
- Names of all your medications, including the dosage. This includes prescription drugs as well as vitamins, herbal medicines, and other over-the-counter products.
- List of any allergies to medicine or food.
- Advance Directives. If you don’t have one already completed, you may do so at the hospital. Make sure your PCP has a copy of the Advance Directives in your medical records.
- Eyeglasses, dentures, and hearing aids.
Personal items such as toothbrush, toothpaste, hairbrush, etc.

A favorite blanket or comfortable pillow.

Newspapers, magazines or books.

Cell phone and charger. (Some hospitals only allow you to use cell phones in certain places, such as waiting rooms. Ask before you use your cell phone.)

**Items You Should NOT Bring to the Hospital**

- Bottles of medications (unless asked to do so).
- Valuables such as your wallet and jewelry.
- Medical equipment you use at home.

**Take Charge of Your Own Treatment**

- Ask questions about your condition and treatment.
- It is a good idea for you to write questions ahead of time, so you will be ready when the doctor or nurse comes into the room. If something is not clear, ask that it be explained in a way you can understand it.
- If English is not your first language, you have the right to ask for an interpreter.
- If you are deaf or hard of hearing you can request a sign-language interpreter.
- If you are not being treated with respect, ask to speak with the doctor, social worker, or patient representative.
- If you are concerned about the quality of care you are receiving, let the doctor or nurse know about it.
- If you or your family member does not feel you can be taken care of at home, let the doctor know it before you are discharged.

**Be Ready For Your Discharge**

When it comes time to be discharged from the hospital, there will be a lot of information you will need to understand.

We have included a separate form called “Discharge Preparation Checklist” Make sure you read this form and that all of the tasks listed have been addressed by the nurse or doctor.

Please ask the nurse to explain anything that is not clear from the “Discharge Preparation Checklist.”

If you have any questions or need assistance, you can call <Name of Care Transition Specialist>, your Care Transition Specialist at <phone # including extension> (TTY 1-800-735-2929), between <hours> Monday through Friday. For questions or assistance outside of these hours, please call 1-800-544-0088 (TTY 1-800-735-2929), and an after-hours nurse will help you.