




# Preventing a Hospital Readmission

**Hospital readmissions are a growing problem for patients and our health care system. Please do your part by following these steps.**

- Schedule and keep your follow-up appointment with your doctor.
  - Review your medication regimen with your doctor's office or home health company for drug for interactions and side effects every time there is any change in your medications.
  - Discuss any other medications, herbal supplements, and over-the-counter medications or supplements you may be taking, considering to take or that may have been prescribed to you by another doctor or hospital.
  - Foods to stay away from if you're diabetic/CHF
  - Before you leave the hospital, contact your Hospital Discharge Planner if you do not fully understand your discharge instructions or have questions regarding them.
  - Ask your hospital nurse, doctor or home health agency for information to better understand your condition or disease.
  - Using home health care properly has been proven to reduce risk of hospital readmissions and reduce hospital length of stay. Ask your hospital case manager or doctor if home health is right for you.
- 

Provided by Health Care Unlimited – Home Care. For more information please see your Case Manager. Health Care Unlimited is a Home Health Company and an advocate of patient choice.