Your first 72 hours at home

Hospital-to-home checklist | Genitori al Sicuro

Before leaving hospital

- [ ] I have the discharge summary and current prescriptions.
- [ ] I know who to call and have asked about urgent warning signs.
- [ ] I know which follow-ups are booked and which need arranging.
- [ ] I have clarified transport, home support and equipment.

First 24 hours

- [ ] Someone is there on arrival and understands the plan.
- [ ] Documents, contacts and instructions are kept together.
- [ ] Medicines: follow prescriptions only; ask about uncertainties.
- [ ] Home: clear paths, lighting, phone and essentials within reach.

Hours 48-72

- [ ] Follow-ups, transport and agreed support are confirmed.
- [ ] Tasks are assigned and uncovered periods are identified.
- [ ] Questions and observations are recorded with dates and times.

Main contact / phone

A handover someone else can use

Keep this page with the discharge instructions.

Parent / updated on

Care team / after-hours contact

Next appointment / transport

Task / responsible person / backup

Questions to ask / date and time

Where documents and instructions are kept