



# Discharge Planning

Patient Information

# **Discharge planning is an important part of your hospital stay.**

It puts in place the support you need to continue your recovery when you leave the hospital.

We will help you with any information you need, and with your permission, we can also discuss arrangements with your next of kin or carers.



## **Discharge date and time**

Before, or during admission, a member of our team will explain how long you can expect to stay in hospital. If this changes during your stay, we will keep you updated. You will be discharged when you are medically fit, which is decided by your consultant.



## **Planning ahead**

### **Transport home**

Before your admission, talk to family, friends or care-givers, to organise your transport home from hospital.

Once your discharge date and time is confirmed, you can then make the final arrangements to be collected from hospital.

In some cases there may be specific advice on sitting position, how long you should sit for, or if you need to take a movement break - we will talk you through this.

### **Convalescence or home care and home adaptation**

If you think you might need additional supports after your discharge, talk to your consultant or any member of the team to help you put these in place.

If you have in-home carers or routine public health nurse visits, let them know your estimated discharge date, so that they can be prepared for your return.

### **Delayed discharge**

Your consultant will confirm your discharge date. Any request to delay your discharge must be approved by the hospital, and any charges for your extended stay will need to be paid in advance.



## On the day

**The discharge process begins on the ward in the morning, and is usually completed by 11am. Most patients can expect to be discharged mid-morning.**

### Medication and prescriptions

On discharge, changes to your medication (dose changes, discontinued medications, newly prescribed medications) will be explained to you.

Any remaining medication from the supply you brought with you, will be returned.

### Belongings and valuables

Make sure you have taken all your belongings from your locker, bathroom, and wardrobe. Please let us know if you need any assistance with packing.

### Discharge review

Before you leave hospital, the nursing and healthcare team will complete your discharge. This will happen either on the ward or in the patient lounge. We will explain the information that you need to continue your recovery, complete

your notes, and answer any questions you have. The discharge review includes:

- Prescriptions and medications
- Wound care
- Follow-up appointments
- Pain management
- Who to contact in case of emergency or concerns
- Reports for general practitioner (GP), public health nurse or other healthcare professionals
- Medical certificates
- Return to normal activities and work advice

Once your discharge is complete, you can relax in the **patient lounge** until you are collected. If your collection is delayed, please let us know.



## Discharge checklist

- Transport arranged
- Convalescence/home care organised
- Belongings and valuables packed
- Prescriptions
- Medications
- My Passport Home booklet
- General practitioner (GP)/ public health nurse letters and reports
- Follow-up appointments arranged
- Medical certificate
- Return to work advice
- Return to activity

### Mater Private Network

Eccles Street, Dublin 7, D07 WKW8

**email** [info@materprivate.ie](mailto:info@materprivate.ie)



[www.materprivate.ie](http://www.materprivate.ie)

## Post-discharge contacts

### Mater Private

#### Emergency Department

8am - 7pm | Every day

1800 222 999

### Mater Private Dublin

1800 123 456

Outside ROI

+353 (0)1 885 8888

### Mater Private

#### Urgent Cardiac Care

24 hours | 1800 247 999

### Billing & Insurance

01 885 8856



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