

Hospital discharge checklist



A calm checklist for the person coordinating a relative's move home from an Irish hospital.

Republic of Ireland only | Last reviewed: 18 July 2026

Before discharge

- ☐ Ask who is coordinating the discharge and how to contact them.
- ☐ Ask: what support may be needed at home, and who is responsible for each referral or application?
- ☐ If Home Support may be relevant, ask whether an application is appropriate and what, if anything, is confirmed before discharge. Do not assume support will start on arrival.
- ☐ Ask for the written discharge medicines list. If anything differs from the pre-admission list, or instructions or supply are unclear, ask the discharge team, GP or pharmacist.
- ☐ Ask what follow-up appointments are planned, who will arrange them, whether the discharge summary will reach the GP and how to get a copy.
- ☐ Confirm transport, access to the home, any professionally recommended equipment, and the number to call if a question arises after discharge.

The first 48 hours

- ☐ Keep the discharge paperwork, medicines list and appointment details together.
- ☐ Check whether each confirmed service or support has started. If not, use the contact given by the hospital or call HSE Live for service information.
- ☐ Use the written medicines list. Do not restart stopped medicines or alter doses without professional advice. For concerning changes, contact the discharge contact, GP or GP out-of-hours service; call 112 or 999 for an immediate life-threatening emergency.
- ☐ Ask how the person is managing with meals, movement, washing, dressing and getting around the home. Record facts rather than trying to diagnose the cause.

The first week

- ☐ Confirm the GP received the discharge summary and who is attending or arranging each follow-up appointment.
- ☐ Check that the person understands the plan and ask what help they want from the family.
- ☐ If the plan is not working, contact the named professional or service and ask what should be reviewed.
- ☐ Agree one place for the family to keep updates, with the person's consent.

Write in the details

Discharge coordinator and number: _____

GP or out-of-hours contact: _____

Pharmacy contact: _____

Home Support or service contact: _____

Next appointment: _____

Question to follow up: _____

Your next step

You do not need to hold the whole plan in your head. Keep the names, dates and next steps together, and ask when something is unclear.

Sources checked 18 July 2026: [HSE Code of Practice for Integrated Discharge Planning](#) | [HSE Home Support - how to apply](#) | [HSE - when to call 112 or 999](#)

Republic of Ireland guidance only. This checklist does not replace the hospital team's instructions and is not medical advice.