

Things to do before you leave the hospital

It is very important to understand what happened at any hospital visit. You need to remember what the doctors and the hospital team said, and to do things they suggested when you go home.



You can fill out the [My Health Care Visit](#) tool with someone from the hospital before you leave to help make remembering easier.

Would I like to learn more about going to the hospital?



You can use [this social story](#) about going to the emergency department so you can know what to expect when you arrive.



This [video](#) explains what happens at a visit to the emergency department and can help you prepare and know what to expect.