



After an emergency-room visit

Capture the plan before memory gets crowded.

A note from Victoria

The hours after an ER visit can blur. You should not have to reconstruct instructions from memory while everyone is tired.

What to do

Ask for written discharge instructions, test results still pending, medication changes, follow-up timing, and a number for new concerns. Review the plan with the patient where possible. If the instructions conflict with an existing plan, ask a clinician to reconcile them before leaving.

Words you can use

"Can we go through what changed today, what we need to do tonight, and which symptoms mean we should call or return?"

One useful step I can take today:

I could start with: Put the discharge papers and one contact number in the same place.

The strength I see in you

Asking for clarity is part of protecting the person you love.



After an emergency-room visit

Use this page in your own words. You can leave any part blank.

What changed during the ER visit

Follow-up date, number, and open questions

Instructions I need the care team to clarify

My next manageable step

A person, service, or place I can turn to (if useful)
