

## **Step 5: Use an Advocate / Be an Advocate for Others**

### **Patient Discharge Tips for Advocates**

Upon discharge from a hospital or following a procedure (especially if the patient underwent anesthesia), be sure to know how to reach the doctor (or someone covering for the doctor) to ask additional questions or get more information, such as:

- What side effects or symptoms should be expected?
- What if symptoms come back or get worse?
- What is the actual diagnosis and the prognosis?
- Make sure you (and the patient) understand medications and any prescriptions.
- Note the names and phone numbers of doctors or specialists and any other people involved in the discharge.



*From the Pulse Family Centered Patient Advocacy Training*  
[Patient Advocate Support](#)