



# ALIVE & KICKING

## What do I need to do before going home from the hospital?

1. Review your discharge instructions with your nurse.
2. Collect the important details about your ostomy.
3. Make sure you have signed up for an ostomy product sampling program.
4. Have prescriptions filled on the way home.
5. Set a follow up appointment with your surgeon.
6. Find out if you will have home health support.
7. Learn about your options for contacting a WOCN when you are home. Find a WOC nurse: Find a WOC nurse from the WOCN Society OR the United Ostomy Association of America
8. Request enough equipment for a couple of pouch changes.



[www.embracingostomylife.org](http://www.embracingostomylife.org)