## Discharge Information
Symptoms to look for when you go home from the hospital.

### Green Zone
**ALL CLEAR (GOAL)**
- Your comfort level is _____
  (0 - 10 scale where 0 = no pain and 10 = worse pain ever had)
- You are able to do basic activities and rest comfortably
- You do not have any new pain
- If you’re taking opioid pain medication, your bowels are moving at least every 2 - 3 days

**Doing Great!**
- You are managing your pain at an acceptable level for you
- Actions:
  - Continue your medicines as ordered
  - Continue ________(ice, heat, therapy, etc.) along with your medicines
  - Keep all doctor visits
  - Continue regular exercise as prescribed

### Yellow Zone
**CAUTION (WARNING)**
If you have any of the following:
- Pain that is not at your comfort level with your usual treatments
- You are not able to do basic activities or rest comfortably
- New pain you have never had before
- If you are taking opioid medication, your bowels have not moved in 2 - 3 days
- You are sleeping more than usual
- You feel sick at your stomach
- You cannot take your medicine

**Act Today!**
- Your pain control plan may need to be changed
- Actions:
  - **Call your home health nurse**
    ____________________________
    (agency’s phone number)
  - **Or call your doctor**
    ____________________________
    (doctor’s phone number)

### Red Zone
**EMERGENCY**
- You cannot get any relief from your usual treatments
- You have new, severe pain
- If you are taking opioid pain medication, your bowels have not moved for more than 3 days
- You are extremely sleepy
- You are throwing up
- You are confused

**Act NOW!**
- You or your family need to call your nurse or doctor right away
- Actions:
  - **Call your home health nurse**
    ____________________________
    (agency’s phone number)
  - **Or call your doctor right away**
    ____________________________
    (doctor’s phone number)

References: *AHA, 2012; CDC, 2013; Yancy, et al, 2013*