

Leaving the Hospital After Your Heart Attack: What you need to know

Understanding what you need to do to recover may lower your chances of coming back to the hospital.

BEFORE YOU LEAVE THE HOSPITAL

With your health care team, check which new medicines you are taking. Many will lower your risk for a heart attack or stroke.

- ☐ **Aspirin and prescription antiplatelet medicines** each work differently to stop dangerous blood clots from forming.

- ☐ **Medicines to lower cholesterol**
 - ☐ Statins _____
 - ☐ Ezetimibe _____
 - ☐ PCSK9 inhibitors _____
 - ☐ Bempedoic acid _____
- ☐ **Medicines to lower triglycerides**
 - ☐ Prescription Omega-3 _____
 - ☐ Fibrates _____
- ☐ **Blood pressure medicines** help lower blood pressure and help your heart recover

- ☐ **Nitroglycerin** helps relieve chest pain or pressure by improving blood flow

- ☐ **Diabetes medicines** help lower your blood sugar

- ☐ **Other medicines** specific to your care

It is important to take all your medicines. Talk to your health care provider before you start, stop or change medicines or supplements.



Keep an up-to-date list of all your medicines. Write them down or use a health app or notes section on your smart phone. List name, dose, when and how to take them.

- With your care team, review your list of home medicines and supplements with the list from the hospital.
- If you will be taking an injection, make sure you have been given instructions and a demonstration.

Work with your health care team to:

- a. Fill your prescriptions before you go home, if possible.
- b. Find out if your medicines need to be approved by your insurance company.
- c. Schedule follow-up visits with your health care providers.
- d. Find out about any limits to your activities, such as lifting, bathing, walking, driving, having sex, and exercise.

Patient Teaching Manual 1

Guillaume Favre

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Patient Teaching Manual 1:

This book delves into Patient Teaching Manual 1. Patient Teaching Manual 1 is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Patient Teaching Manual 1, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Patient Teaching Manual 1
 - Chapter 2: Essential Elements of Patient Teaching Manual 1
 - Chapter 3: Patient Teaching Manual 1 in Everyday Life
 - Chapter 4: Patient Teaching Manual 1 in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Patient Teaching Manual 1. This chapter will explore what Patient Teaching Manual 1 is, why Patient Teaching Manual 1 is vital, and how to effectively learn about Patient Teaching Manual 1.
3. In chapter 2, the author will delve into the foundational concepts of Patient Teaching Manual 1. This chapter will elucidate the essential principles that must be understood to grasp Patient Teaching Manual 1 in its entirety.
4. In chapter 3, the author will examine the practical applications of Patient Teaching Manual 1 in daily life. This chapter will showcase real-world examples of how Patient Teaching Manual 1 can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Patient Teaching Manual 1 in specific contexts. The fourth chapter will explore how Patient Teaching Manual 1 is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Patient Teaching Manual 1. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Patient Teaching Manual 1.

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Patient Teaching Manual 1 Introduction

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