Preventing Malnutrition after a Hospital Stay

6 Questions to Ask Your Doctor:

1. What is my current nutritional status? Find out if your nutrition has declined during your stay.

2. How can I make sure to eat well when I get home? Get connected to meal delivery, in-home care services, and a Registered Dietitian Nutritionist.

3. How will I know if I’m becoming malnourished? Learn the warning signs and call your doctor if you see them.

4. How should I manage my prescribed medications? Find out the side effects related to all prescribed medicines and whether to take your medications with food.

5. What should I eat and what should I avoid as I recover? Your doctor might recommend special foods and oral nutritional supplements or ask you to limit some items.

6. Should I avoid physical activity, and if so, for how long? Muscle health is important for your recovery, so find out when it’s safe for you to be active again.

Learn more: ncoa.org/NutritionTools