

## DISCHARGE INSTRUCTIONS

As part of your treatment, you have had both a general anesthetic and a therapeutic seizure. **Your physical and mental capacity is considered to be legally impaired for the next 24 hours.** Although there are not any specific physical limitations, please consider this a day of rest for yourself.

**For the next 24 hours after discharge from the ECT clinic, you are required to remain under the direct supervision of a responsible adult** such as a family member, a friend or a facility staff member. This adult would be expected to monitor your condition during the 24 hour period and attain medical attention on your behalf if needed.

### Please avoid the following for the next 24 hours:

- Avoid alcohol/marijuana/illicit drugs
- Avoid major financial decisions
- Avoid signing any legal documents
- Do not operate a vehicle or machinery

**You may get mild side-effects.** They usually go away after a few hours. Talk to our clinic staff if you get mild side effects that may include, but are not limited to:

- Mild headache
- Mild body aches/jaw ache that resolves on its own
- Upset stomach
- Mild confusion or forgetfulness

**You might need more urgent medical attention for problems** that may not be due to your ECT treatment. Examples may include, but are not limited to:

- Problems breathing/throat swelling
- Chest pain
- Severe shoulder/arm pain not resolving
- Severe belly pain/ severe nausea
- Severe headache not resolving
- Fainting
- Sudden weakness/numbness/drooping of legs/arms/face
- Sudden difficulty speaking or understanding speech or slurred speech
- Loose teeth, mouth swelling, severe/ worsening jaw pain
- New psychiatric symptoms such as agitation or acute confusion lasting longer than 24 hours

For help with urgent problems, call 911 or go to the nearest hospital emergency department.

During weekdays, you may also call our VGH office at **604 675-2449 or 604 675-5276** for any questions or concerns.

