After Electroconvulsive Therapy

Care at home
You have had a general anesthetic and the ECT has caused you to have a short seizure. The effects of these can last for a number of hours.

We want you to remain safe and comfortable at home. Follow these instructions carefully.

**For the next 24 hours**

- Make sure you have a responsible adult stay with you so you can be sure you have fully recovered from the treatment.
- Rest quietly at home for the remainder of the day.
- Take your medications as you normally would.
- Eat a light breakfast.
- Return to your daily activities as you feel able.

**For your safety:**

- Do not drink any alcohol.
- Do not drive. For repeat treatments in a week, do not drive on days between treatments either.
- Do not make any major decisions (financial or legal), or sign any legal documents.
- Do not leave your home without a responsible adult.
- Do not use public transit.
When to get help

Tell your psychiatrist, family doctor, or nurse if you notice these mild side effects:
- mild muscle stiffness
- mildly confused or forgetful
- mild headache
- upset stomach

Call 9-1-1 or ask someone to take you to the nearest Emergency Department if you have any of the following:
- problems breathing
- chest pain
- shoulder or arm pain
- really bad belly pain
- really bad headache
- passing out (fainting)
- sudden weakness or numbness
- sudden problems speaking or understanding what others are saying
- really bad pain in the mouth, jaw, or teeth

If you are not sure or have questions, call 8-1-1 (HealthLinkBC) any time to speak to a nurse.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.