



**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.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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