

## **ECT DISCHARGE INSTRUCTIONS**

1. **Activity** – Rest today. A responsible person must stay with you for 8 hours after discharge from the Hospital. Do not drive a motor vehicle or operate any machinery for 24 hours. Do not make any complex decisions or execute any legal documents while your ECT treatments are every 3 weeks or more often and not on days of or near your treatment. If you have any questions regarding this, speak with your psychiatrist first.
2. **Diet** – Start with clear liquids and progress gradually to your usual diet if not nauseated. No alcoholic beverages for 24 hours.
3. **Medications** – Take your daily medications as prescribed. If your physician has prescribed medication for you after your ECT, take as directed.
4. You may experience the following after your treatment:
  - a. Poor memory
  - b. Poor balance
  - c. Headaches
  - d. Confusion
  - e. Muscle soreness
  - f. Nausea
  - g. \_\_\_\_\_
5. **Special Precautions** – Contact your physician immediately if these occur:
  - a. Signs of infection: redness, swelling, heat, red streaks at the site of the IV
  - b. Excessive pain unrelieved by prescription pain medications
  - c. Nausea and vomiting that persists beyond the first day after your procedure
6. **Additional Instructions/Orders**

**Call The Aleph Center, PLLC 885-5558 with any questions or concerns.**

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If you have any questions or problems, please contact your physician. If you are unable to contact your physician, contact the nearest Emergency Department.

Physician's Signature \_\_\_\_\_

Instructions received and understood by patient or responsible party

Signature \_\_\_\_\_

Nurse's Signature \_\_\_\_\_ Date \_\_\_\_\_