



INFORMATION LEAFLET FOR PATIENTS RECEIVING OUT-PATIENT ECT

ECT is a very effective treatment and has been used for over 50 years. The nature and purpose of the treatment will have been explained to you when you signed the consent form for your treatment.

If you are having the treatment as an out-patient, there are some rules which must be followed because you will have a brief anaesthetic which will be given by injection into a vein in your arm or in the back of your hand.

- 1. You must not have anything to eat or drink after midnight on the day before your treatment.**
2. You may have a mouth rinse or clean your teeth in the morning, but avoid swallowing water.
3. If you are taking tablets for any general medication conditions, please seek the advice of the doctor who has prescribed ECT which medication you should take on the morning of treatment. **YOU SHOULD NOT TAKE ANY TABLETS FOR DIABETES OR EPILEPSY**, but bring these with you to take after your treatment. Medication that you are advised to take should be taken with half a cup of plain water at 7.00-7.30 in the morning. It is also important to ensure any inhalers or nebulizer medication is given as prescribed prior to ECT.
4. If you develop any illness during the course of your treatment, you may not be able to have an anaesthetic on a day when you are ill: please phone the doctor who recommended the treatment to discuss what to do. On treatment days you can phone 226 1678, to speak to the nurse in charge of the treatment session. She is available from 8.15 am.
- 5. You must not drive a car or any motor vehicle during the course of your ECT and should not commence driving until advised by your psychiatrist that it is safe and legal to do so.**
6. Ambulance transport can be arranged, but it would be best if a relative, friend or CPN can drive you to the hospital and take you home again. You should arrive just before 9.00 am and will be ready to go home again around 11.30 am.
- 7. You should not return to an empty house. Therefore, if transport is arranged for you, please arrange for a responsible adult (friend, relative or neighbour) to be at your home when you return, and for them to remain with you for 24 hours following treatment.**

YOU SHOULD NOT TRAVEL UNACCOMPANIED

You will be asked to sign a form to confirm that you have read and understood the above instructions.

ECT is not an unpleasant treatment, although you may have a slight 'muzzy' feeling or headache after you wake up from the anaesthetic, this generally passes off after you have drunk a cup of tea which the nurse will bring you. If you still have a slight headache after returning home, it is quite all right to take 2 paracetamol, although this should rarely be necessary.

If you become ill at home following your treatment - other than the symptoms already mentioned in this leaflet - you should contact your GP or NHS Direct (telephone number 0845 4647) and inform them that you have had an anaesthetic and ECT treatment that day. Alternatively you can contact the Treatment Suite on telephone number 2261678.

The treatment does not have an immediate effect, so don't be worried if you do not feel better after the first few treatments. The doctor who has prescribed your ECT treatment should be reviewing your progress after each 2 treatments. Use this opportunity to discuss any concerns or queries you may have.

If you have any queries or concerns regarding your treatment please contact your psychiatrist by telephoning 0114 **2716310** and asking for your consultant by name. Alternatively you can contact your GP.

I confirm that I have received the **ECT Outpatient Information Leaflet**. I have read the information and understand the following:

- I should have no food or drinks from midnight before the morning of treatment
- I should take only the medication advised by my psychiatrist with a small amount of water on the morning of treatment
- I should bring my other medications with me to ECT to take after the treatment
- I should not travel unaccompanied following treatment
- I should have a responsible adult to remain with me for the 24 hours following treatment
- I should not be in sole charge of children for 24 hours.
- I should not drive or operate machinery during the course of my treatment, and I will not recommence until I have been advised by my Consultant Psychiatrist that it is safe and legal to do so.
- I should not drink any alcohol for the 24 hours following treatment.
- I should not sign any legal documents for the 24 hours following treatment.

I confirm that I have read and understood the above guidelines

1) Signed: Patient..... Carer..... Date:-

2) Signed: Patient Carer Date:-.....

3) Signed: Patient Carer Date:-.....

4) Signed: Patient Carer Date:-.....

5) Signed: Patient Carer Date:-.....

6) Signed: Patient Carer Date:-.....

7) Signed patient Carer Date:-.....

8) Signed: Patient Carer Date:-.....

9) Signed: Patient Carer Date:-.....

10) Signed: Patient Carer Date:-.....

11) Signed: Patient Carer Date:-.....

12) Signed: Patient Carer Date:-.....

A copy of this document is to be given to the patient and a copy retained with the ECT documentation.