



## INFORMATION LEAFLET FOR E.C.T. DAY PATIENTS

The following advice applies when you have had a general anaesthetic.

- You will need to stay in hospital for at least 2 hours post anaesthetic
- However this will depend on your orientation and observations assessed by a nurse prior to leaving the hospital.
- You should be taken home by a responsible adult and avoid public transport.
- You are advised to rest when you get home.

### **DO NOT:**

- Drive for 24 hours
- Drink alcohol (for at least 24 hours)
- Take sedatives unless prescribed
- Exercise
- Work
- Operate machinery
- Transact important business

**These activities may be resumed the next day.**

### **AFTER AFFECTS:**

- Headache. Usually relieved by pain relief tablets such as Panadol.
- Nausea. If this occurs it will only be for a short duration.
- Muscle Pain. May be noticed for up to 48 hours. Rest will minimise muscle aches.
- Disturbed ability to concentrate. Some patients experience this for a day or so and these feelings should subside.