



Neurostimulation Program
805 West 12th. Avenue Vancouver, B.C. V5Z 1M9
6th Floor Willow Pavilion
604-675-2449

ELECTROCONVULSIVE THERAPY

DISCHARGE INSTRUCTIONS

Your doctor has recommended electroconvulsive therapy (ECT) as part of your medical treatment and we are pleased to be a part of your overall medical care. Our outpatient service allows you to return home soon after each treatment. We would like you to remain safe and comfortable at home. This handout may help you and/or your caregiver decide what to do if you do not feel well after ECT.

You have had a general anesthetic and a therapeutic seizure. For the first 24 hours after discharge, you are strongly advised to:

- Rest comfortably with a responsible adult such as a family member, a friend or a facility staff member.
- Go back to your usual daily routine, **except:**

- Avoid alcohol
- Do not operate a motor vehicle

You may get mild side-effects. They usually go away after a few hours. Talk to our clinic staff or your family doctor if you get mild side effects that may include, but are not limited to:

- Mild headache
- Mild body aches
- Upset stomach
- Mild confusion or forgetfulness

You might need more urgent medical attention for problems that may not be due to your ECT treatment. Examples include, but are not limited to:

- Problems breathing
- Chest pain
- Shoulder or arm pain
- Severe belly pain
- Severe headache
- Fainting
- Sudden weakness or numbness
- Sudden difficulty speaking or understanding speech
- Severe mouth, jaw or tooth pain

For help with urgent problems, call 911 or go to the nearest hospital emergency department.

During weekdays, you may also call our VGH office **604-675-2449** or **604-675-2476** with any questions or concerns.