After Your Electroconvulsive Therapy (ECT)
Same day surgery discharge instructions

1. The anesthetic agents you have received can make you feel drowsy or tired. **Do not drive** or operate hazardous machinery for 24 hours. You will need to arrange transportation to and from the hospital for all outpatient ECT treatments.

2. Limit your activities to what you can handle safely for the remainder of the day.

3. Occasionally, muscular aches and/or headaches may occur. Check with your doctor regarding the use of Tylenol or aspirin.

4. Some short-term memory loss may occur. Be careful not to be involved in any critical personal or business decisions for 24 hours after ECT.

5. If you have any questions or problems, contact your doctor at ____________________.

6. □ Your next ECT treatment is scheduled for ____________________.
   
   **Remember not to have anything to eat or drink after midnight the night before treatment.**

   □ No further ECT treatments have been scheduled. Please contact your doctor for follow-up care.

   Dr. ______________________________

   Phone ______________________________