



ECT rules for people visiting hospital



1. You must **not** have anything to eat or drink for at least 8 hours before treatment. This is about 12am or midnight the night before.



2. Do **not** take your regular medications on the morning of your treatment. Take them with you to the hospital and you can take them after the treatment.



3. If you have any new medical problems you might need to wait until you are better before having more treatment. This includes things like a bad cold. Please telephone the ward for advice: tel.....



4. You must **not** drive a car or motor vehicle on the day of your treatment.



5. You should travel to the hospital and home again with someone you trust.



6. You should arrive at the ward at 8:45am. You can go home about 4 hours after the treatment.



7. Someone you trust should be with you at home after the treatment until you are back to your usual self.



8. You will be given a Named Nurse when you get to the hospital ward. You can talk about the treatment with this nurse.