



Discharge Information Strangulation and/or Suffocation

Advice to Patient

Because you have disclosed that, or it is unknown if pressure was applied to your neck and/or you had difficulty in breathing we are providing you with this important discharge information for your ongoing safety.

It is important that an adult you trust remains with you for 2 days after the assault to help you monitor any symptoms you may experience.

After choking, strangulation and/or suffocation, it is possible to experience delayed symptoms and/or internal injuries.

Symptoms of internal injuries may appear quickly or develop over a few days. Internal injuries can be serious and even fatal.

It is advised you keep a list of any symptoms so you can share with your hospital if needed.

If you notice any of the following symptoms, you should call 999.

- Difficulty in breathing or shortness or breath
- Persistent cough or coughing up blood
- Loss of consciousness or 'passing out'
- Changes in your voice, difficulty in speaking or understanding speech
- Swelling to your throat, neck, or tongue
- Drooping eyelid/s
- Weakness, numbness or tingling in the left or right side of your body
- Difficulty in walking
- Headache, not relieved by pain medication
- Seizures or fits
- Behavioural changes, memory loss or confusion



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