**Outpatient (Day Case) Information and Agreement For ECT**

**Patient’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of birth\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact phone number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hospital number\_\_\_\_\_\_\_\_\_**

In consenting to have ECT as an outpatient, there are a few rules that must be followed, as you will be given a brief general anaesthetic as part of the treatment. More information is available in the booklet you have been given and you are free to ask any other questions you may have.

In accordance with this we would ask you to read, agree, sign and comply with the following:

* You must not have anything to eat or drink after 3am on the day of your treatment.
* If you are taking tablets in the morning, don’t take them on the morning of your treatment (unless told to do so by your doctor) bring them with you and give them to the nurse who will give them to you after your treatment.
* It is recommended that you wear light clothing and remove nail varnish and excessive jewellery.
* You must not drive a car until your doctor and the DVLA agree it is safe to do so.
* You must not travel unaccompanied; your doctor will have arranged for your CPN or other person involved in your care to accompany you. You may also wish a member of your family or friend to accompany you.
* You must remain in the ECT department’s post recovery room (coffee lounge) for at least 1-2 hours following your treatment.
* You must not return to an empty house; you will need a responsible person with you in the house for 24hours following treatment.
* You must refrain from drinking alcohol for 24 hours after your treatment.
* You must not sign any legal documents in the 24 hours following ECT.

Signature…………………………………Date………………………….

If you have any queries or problems after receiving ECT you may phone the ECT department up 1600. After this time, you may wish to contact your GP or NHS Direct.