**DISCHARGE INSTRUCTIONS**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was examined and treated for strangulation today by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The responding law enforcement agency/officer was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and your case number is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

You consented to the collection of evidence. Your nurse will not get the results of evidence analysis, so you will need to follow up with the law enforcement agency listed above.

The responding advocacy agency/advocates was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Strangulation causes a lack of oxygen because it closes the blood vessels in the neck and/or the airway. Health complications can appear immediately or may develop a few days after a strangulation event.** **Please call 911 or go to the nearest emergency department if you notice any of the following:**

* Problems breathing
* Difficulty breathing while lying down
* Shortness of breath
* Persistent cough
* Coughing up blood
* Loss of consciousness or “passing out”
* Changes in your voice
* Difficulty speaking
* Difficulty swallowing, a lump in your throat, or muscle spasms in your throat or neck
* Swelling to your throat, neck, or tongue
* Behavioral changes, memory loss, or confusion
* Increasing neck pain
* Left- or right-sided weakness, numbness, or tingling
* Drooping eyelid
* Difficulty speaking or understanding speech
* Difficulty walking or sudden loss of balance or coordination
* Sudden confusion or decrease in level of consciousness
* Increasing or severe headache not relieved by pain medication
* Dizziness, lightheadedness or changes in your vision
* Pinpoint red or purple dots on your face or neck, or burst blood vessels in your eye
* Seizures
* Thoughts of harming yourself or others

**If you are pregnant**, report the strangulation and any of the following symptoms to your doctor immediately:

* Decreased movement of the baby
* Vaginal spotting or bleeding
* Abdominal pain
* Contractions

**Follow-up Recommendations**

Please return to the Emergency Department/Forensic Nurse Examiner Program on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for a follow-up examination.

Please follow up with the advocacy agency above for safety planning and additional resources.

Please contact the law enforcement agency above for questions or concerns regarding your legal case.

Forensic Nurse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_