

EXAMPLE STRANGULATION DISCHARGE INSTRUCTIONS

Because you have reported being “choked” or strangled, we are providing you with the following instructions:

Make sure someone stays with you for the next 24–72 hours after this event.

Health complications can appear immediately or may develop a few days after a strangulation event. Please call 911 or report immediately to the nearest emergency department if you notice any of the following:

- Problems breathing, difficulty breathing while lying down, shortness of breath, persistent cough, or coughing up blood
- Loss of consciousness or “passing out”
- Changes in your voice or difficulty speaking
- Difficulty swallowing, a lump in your throat, or muscle spasms in your throat or neck
- Swelling to your throat, neck, or tongue
- Increasing neck pain
- Left- or right-sided weakness, numbness, or tingling
- Drooping eyelid
- Difficulty speaking or understanding speech
- Difficulty walking
- 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
- Behavioral changes, memory loss, or confusion
- 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

You may notice some bruising or mild discomfort. Apply ice to the sore areas for 20 minutes at a time, 4 times per day, for the first 2 days. If you notice new bruising or injury, follow up for additional photo-documentation.

After your initial evaluation, keep a list of any changes in symptoms to share with your healthcare provider and your law enforcement contact.

- It is important to have a follow-up medical screening in 1–2 weeks with your healthcare provider.
- A follow-up forensic examination is needed within 72 hours.

Please follow up with the crisis/advocacy center at _____ to clarify your options and discuss safety planning. If you have questions or concerns regarding your legal case, please contact the police department, officer involved, prosecutor, or victim advocate by calling _____.

Forensic Nurse: _____ Phone: _____