

STRANGULATION and/or SUFFOCATION DISCHARGE INFORMATION

Because you have reported pressure applied to your neck and/or difficulty breathing, we are providing you with some important discharge information.

- After a choking, strangulation and/or suffocation assault, victims can experience delayed symptoms of internal injuries.
- Symptoms of internal injuries may appear quickly or develop over a few days after the event. Internal injuries can be serious and even fatal.
- It is important that someone you trust stays with you for the next 24–72 hours to help you monitor your signs and symptoms.
- We recommend you keep a list of your symptoms to share with your healthcare provider and advocate.

Please check all the following actions that apply:

- Strangulation kit collected: kit # _____
 - Collected by: _____
 - Law enforcement agency kit delivered to: _____
Contact: _____ Phone: _____
- Reviewed after-care instructions and strangulation warning signs
- Provided resource handouts and phone numbers
- Safety plan reviewed
 - Advocate Name: _____ Phone: _____
- Referred to primary care in _____ days for follow up
- Other: _____

The National Domestic Violence Hotline number is **1-800-799-SAFE (3722)** or get help without saying a word at <https://www.thehotline.org/>

Call the CRISIS CENTER or A FRIEND to talk about your emotions and feelings.

If you 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 any of the following symptoms, you should CALL 911 or go right away to the nearest EMERGENCY ROOM:

- Persistent cough or coughing up blood
- Loss of consciousness or “passing out”
- Changes in your voice, difficulty speaking, or understanding speech
- Difficulty swallowing, feelings of a lump in your throat or a muscle spasm in your throat or neck
- Swelling to your throat, neck, or tongue
- Increased neck pain
- Drooping eyelid
- Weakness, numbness or tingling on the left or right side of your body
- Difficulty walking
- Headache, not relieved by pain medication
- Dizziness, lightheadedness or changes in vision
- Seizures
- Behavioral changes, memory loss, or confusion
- If you are having thoughts of harming yourself or others

If you are PREGNANT, report any of the following symptoms to your doctor IMMEDIATELY:

- Decreased baby movement
- Vaginal spotting or bleeding
- Stomach pain
- Contractions

Sometimes the PHYSICAL SYMPTOMS of a traumatic event are:

- Trembling or shaking
- Pounding heart
- Rapid breathing
- Lump in throat; feeling choked up
- Stomach tightening or churning
- Feeling dizzy or faint
- Cold sweats
- Racing thoughts