



When to come back to the emergency department

You have been seen in the emergency department and are now well enough to go home. This sheet explains what to do next, how to use your follow-up, and when to come back or call an ambulance.

What is it?

The emergency team has checked for serious problems today, but illness can change over time, and some conditions only show themselves later. Going home means it is safe to recover there for now. It does not always mean the cause has been found. If you get worse, or something new worries you, get help again.

Looking after yourself at home

- Read your discharge letter and any other sheets you were given. Ask before you leave if anything is unclear.
- Take your medicines as the packet or your doctor instructs, and keep an up-to-date list of them.
- Rest, eat and drink normally unless you were told otherwise.
- Do not drive, work or drink alcohol if you were given medicines that make you drowsy.
- Tell a family member or friend how you are feeling, so they can help if you get worse.

Follow-up

- See your family doctor or health centre within the time written on your letter, and take the letter with you.
- If tests are still pending, ask how you will get the results, and keep any appointment you were given.
- If you are not improving as expected and cannot see your doctor soon, come back to the emergency department.

Come back to the emergency department or call an ambulance straight away if:

- Chest pain, pressure or tightness
- Severe trouble breathing, or blue or grey lips
- Sudden weakness or numbness of the face, arm or leg, or trouble speaking
- Fainting, a fit, or being very hard to wake
- Bleeding that will not stop with firm pressure
- Severe pain that is getting worse despite pain relief
- For any of these, call an ambulance. Do not drive yourself



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This leaflet is general information to support the advice your doctor or nurse gave you today. It does not replace their advice. If you are worried, seek medical help.

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