

# 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.

*(Internal) The individual filling out the form should check off items discussed with the patient as part of their discharge. Written discharge instructions should be provided to all patients.*

### Please check all the following actions that apply:

- |   |   |
|---|---|
| <input type="checkbox"/> Reviewed after-care instructions and strangulation warning signs | <input type="checkbox"/> Referred to primary care in _____ days for follow up |
| <input type="checkbox"/> Provided resource handouts and phone numbers                     | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Safety plan reviewed   | _____   |

The **NATIONAL DOMESTIC VIOLENCE HOTLINE** number is **1-800-799-SAFE (3722)**  
or get help without saying a word at <https://www.thehotline.org/>

Please follow up with the crisis/advocacy center to talk to a confidential victim advocate about your **options and safety planning** by calling:

\_\_\_\_\_

If you have questions about your **legal case**, please contact the police department, officer involved, prosecutor or victim witness advocate by calling:

\_\_\_\_\_

\_\_\_\_\_  
Name of Forensic Nurse

\_\_\_\_\_  
Office Phone



# EMERGENCY CARE REQUIRED

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

- Difficulty breathing
- 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
- Stomach pain
- Vaginal spotting or bleeding
- Contractions

## NORMAL REACTION

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



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 go to the **EMERGENCY ROOM**,  
**TAKE THIS PAPER WITH YOU** and refer personnel to:

<https://www.familyjusticecenter.org/resources/recommendations-medicalradiographic-evaluation-acute-adult-non-fatal-strangulation/>