

Discharge after a paracetamol overdose

Emergency Department

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Information for Patients

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We have given you this leaflet because you have been discharged after assessment and/or treatment from a paracetamol overdose (poisoning).

What are the risks of paracetamol?

Paracetamol is a common painkiller that is normally very safe. But it can cause damage to the liver, and less often the kidneys, when a person takes too much of it in a short time.

What are the risks to me?

Our doctors and nurses have checked you. Based on what you have told them and on the result of blood tests, it is now safe for us to discharge you.

- If your last blood tests were completely normal, there is no more risk to you from this overdose.
- If your tests are not quite normal, you may be at a small risk of developing or worsening damage to the liver if you take paracetamol again too soon after discharge.

What should I do now?

Check right away with one of the doctors or nurses looking after you if you are not sure if your 'paracetamol blood tests' were completely normal.

- **If they were not quite normal, ask your doctor or nurse if you need to avoid paracetamol and for how long.**
- If your blood tests are normal, you do not need to do anything else unless you start having certain symptoms (see next page).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net



What should I look out for after discharge?

Over the next few days, watch out for any of these symptoms:

- Pain in your tummy (abdomen).
- Feeling or being sick (nausea or vomiting).
- Yellowing (discolouration) of the skin or whites of the eyes turn yellow.
- Confusion or drowsiness.
- Problems when peeing.

These symptoms are warning signs that the overdose may have caused some unexpected damage. If you start getting any of them, go to the Emergency Department **right away**.

Will I have any long-term health effects?

Your blood tests show that no more treatment is needed. There should not be any long-term effects on your health.

Contact details

If you have any more questions or need more medical help, please call the **NHS helpline** on **111**.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net