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:**

- Reviewed after-care instructions and strangulation warning signs
- Provided resource handouts and phone numbers
- Safety plan reviewed
- 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/](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**

This project is supported all or in part by Grant No. 2016-TA-AX-K067 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.
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
- Vaginal spotting or bleeding
- Stomach pain
- 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/