

Paracetamol Excess – Patient Part-treated or not treated with Antidote

You have been given this sheet as you have been discharged after assessment and/or treatment in hospital following a paracetamol overdose.

What are the risks of paracetamol?

Paracetamol is a common painkiller that is normally safe but can be harmful to the liver, and rarely the kidneys, when taken in excess.

What are the risks to me?

You have been assessed by the medical team and based on the information you have provided and the result of blood tests, you are currently deemed to be suitable for discharge. If blood tests relating to paracetamol overdose are currently completely normal, there are no additional risks to you from this overdose. If your tests are abnormal, you may be at a small risk of developing or worsening damage to the liver if you take paracetamol too soon after discharge.

What should I do now?

Check immediately with a member of your healthcare team if you are not sure whether blood tests relating to paracetamol overdose are normal at this time. If the blood tests are normal, you don't need to do anything else unless you develop new symptoms, in which case you should seek medical advice as soon as possible.

You should ask your doctor or nurse how long to avoid paracetamol.

If you develop any of the following symptoms, there may be a possibility that your overdose has resulted in an unexpected deterioration in your health, and you must seek medical advice immediately:

- Abdominal pain, nausea, vomiting
- Discolouration (yellow) of the skin or whites of the eyes (turn yellow)
- Confusion or drowsiness
- Difficulty in passing urine

Are there any long-term health effects?

Your blood tests indicated that no further treatment was required. There should not be any long-term health effects. If you have any further questions or require further medical help call NHS111 (see below)

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743