

## **PATIENT INFORMATION**

# **Patients Discharged after Paracetamol Poisoning**

**ACCIDENT & EMERGENCY DEPT**

You have been given this sheet as you have been discharged after assessment and 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 to 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.

You may or may not have required treatment on this admission.

If blood tests relating to paracetamol overdose are now 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.

Please remember to only take paracetamol in the dose and frequency advised on the packaging. Paracetamol may also be present in other combination medications for cold/flu relief so also read the packaging.

## **WHAT I SHOULD DO NOW?**

Check immediately with a member of your health care 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
- 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 is required. There should not be any long term health effects.

If you have any further questions or require further medical help call this NHS 111

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

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We would welcome your feedback about your experience  
at Southport and Ormskirk Hospital NHS Trust.

Please access the Friends and Family Test at the following  
link:

<https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/>

**Thank you**

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