

## ▶ Discharge Information Sheet for patients attending with a Blackout

You have had a blackout. The doctor you saw today has decided that you are fit to go home, BUT you need to attend an Outpatient clinic in General Medicine or Cardiology to review why you had a black out and to see if you need any further tests to find this out.

Between now and your clinic appointment you may not be able to do the following activities

1. Drive a vehicle
2. Operate heavy machinery for work, work up scaffolding or heights, or drive for work. Some examples of jobs that may be affected include Fire-fighting, Heavy Goods Vehicle driver, Pilot, and Taxi/Train/Bus Driver.
3. Go to the gym and exercise, e.g. lifting heavy weights and strenuous cardio work outs

The doctor who saw you today will speak to you about this and advise

### **Driving Advice:**

If the doctor has told you **NOT to drive until you are seen in clinic:**

You should **NOT drive** any vehicle **until** further advice is given at clinic **or until** you have received further advice from a specialist that you are able to restart driving.

**If you drive when you should NOT your insurance will not cover you if you are in an accident**

### **Preparing for the Outpatient Clinic:**

1. Write down what happens before, during and after a blackout, and how you feel
2. Try to take a witness, who has seen your blackout, with you to your appointment. If they cannot come to your appointment with you, ask them to write down exactly what they saw, or ask them if the doctor could contact them if necessary
3. A video of your black out can be helpful. This lets the doctor see what is happening and gives them more information
4. Ask family if anyone else has had blackouts, faints, epilepsy or conditions affecting the heart
5. Make a note of any questions you may want to ask at the clinic
6. **If you have any queries before your outpatient clinic, please contact the Emergency Department on 0131 242 1300 and ask to speak to a consultant or registrar.**