

Follow-up Instructions for Nerve Agents

Keep this page and take it with you to your next appointment.

Follow **only** the instructions checked below.

- Call your doctor or the Emergency Department if you develop any unusual signs or symptoms within the next 24 hours, especially:
 - dizziness, loss of coordination, loss of memory
 - coughing, wheezing, or shortness of breath
 - nausea, vomiting, cramps, or diarrhea
 - muscle weakness or twitching
 - blurred vision
- No follow-up appointment is necessary unless you develop any of the symptoms listed above.
- Call for an appointment with Dr. _____ in the practice of _____.
When you call for your appointment, please say that you were treated in the Emergency Department at _____ Hospital by _____ and were advised to be seen again in _____ days.
- Return to the Emergency Department/Clinic on _____ (date) at _____ AM/PM for a follow-up examination.
- Do not perform vigorous physical activities for 1 to 2 days.
- You may resume everyday activities including driving and operating machinery.
- Do not return to work for _____ days.
- You may return to work on a limited basis. See instructions below.
- Avoid exposure to cigarette smoke for 72 hours; smoke may worsen the condition of your lungs.
- Avoid drinking alcoholic beverages for at least 24 hours; alcohol may worsen injury to your stomach or have other effects.
- Avoid taking the following medications: _____

- You may continue taking the following medication(s) that your doctor(s) prescribed for you:

- Other instructions:

- Provide the Emergency Department with the name and the number of your primary care physician so that the ED can send him or her a record of your emergency department visit.

- You or your physician can get more information on the chemical by contacting:

_____ or _____, or by checking out the following Internet Web sites: _____;

Signature of patient _____ Date _____

Signature of physician _____ Date _____

Adapted from [Medical Management Guidelines for Nerve Agents: Tabun \(GA\); Sarin \(GB\); Soman \(GD\); and VX \(ATSDR/CDC\)](#)