

## Things you don't need to worry about unless they continue:

- Mild headache.
- Feeling sick (without vomiting).
- Lack of appetite.
- Tiredness.
- Occasional dizziness.
- Problems sleeping.
- Mild diarrhoea.

If these mild symptoms continue after a few days, or you feel concerned, please contact your GP or call NHS 111.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202604-02-ATI  
Created: June 2024 / Revised: April 2026 / Review  
Date: April 2028

## INFORMATION FOR PATIENTS

### Advice following treatment of an infection

#### Emergency Department

#### King's Mill Hospital

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

#### Newark Hospital

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

## Things that will help you get better:

- Get plenty of rest and sleep.
- Drink plenty of fluid, such as water, juice, tea etc. (unless you have been advised otherwise).
- Follow any instructions provided by your healthcare team related to your infection.
- If you have been discharged on antibiotics, collect them within the same day and ideally take the first dose within four hours. Continue taking them until the course is completed. Do not stop the course early even if you feel better. Contact your GP or NHS 111 if you experience side effects to the antibiotic.

## Basic advice to prevent spread of infection:

- You and your family should wash your hands thoroughly prior to eating and after any visit to the toilet.
- Consider vaccinations for you and your family as offered because they do protect against infection.

You have been assessed as being well enough today to continue your recovery at home. It is most likely you will continue to get better without any further problems, however, there is a small risk that the infection may become more severe and that you develop a response termed **sepsis**'.

In the early stages of sepsis, symptoms can be very similar to those of flu'.

**If you become increasingly unwell over the next few days or experience any of the following symptoms, we advise you to call 999 and say “This could be sepsis”:**

- Confusion (not knowing where you are, getting things muddled or not recognising familiar people).
- Extreme shivering or severe muscle pain.
- Not passed urine (in 18 hours or a whole day).
- Severe breathlessness.
- Feeling that you know something is really wrong with you.
- Skin that is mottled, bluish or very pale.
- Dizziness that leads to a faint or collapse.
- Racing heartbeat.