



ASPETAR SPORT RELATED CONCUSSION PROGRAM

Important information for the first 48 hours after a concussion

A doctor must assess you after suffering a suspected concussion. The referee, field-side paramedic, physio or doctor will provide the correct advice for the appropriate treatment.

After medical examination by your doctor, you will either be referred to Hamad Hospital Emergency Department for urgent treatment, or allowed to go home in the care of a responsible adult depending on the severity of your symptoms. You will be referred to the Aspetar Sport Related Concussion Clinic within the first few days.

A normal X-ray, CT or MRI scan does NOT mean that you do not have concussion

If you are referred home:

- Make sure that you are in the presence of a responsible adult for 48 hours.
- Monitor the symptoms of concussion. These include:

HEADACHE, NAUSEA, DIZZINESS, FATIGUE, MEMORY LOSS, INABILITY TO CONCENTRATE, MOOD SWINGS, POOR CONCENTRATION, SENSITIVITY TO LIGHT AND NOISE, SLEEP DISTURBANCE

THINGS TO DO:

- If you feel worse, tell the adult taking care of you
- Rest and sleep will help you feel better. The person taking care of you may wake you up at times to check on you.
- You are allowed to eat when you are hungry

DO NOT:

- Consume alcohol or smoke shisha pipes
- Take any tablets apart from the ones prescribed by your doctor to relieve concussion symptoms
- Exercise until re-evaluation by a doctor
- Concentrate on anything that makes symptoms worse (e.g. computer games, reading, watching TV, studying, working)

Go to Hamad Hospital Emergency Department immediately if:

- Any of the symptoms get worse
- The headache becomes severe or does not respond to the tablets prescribed to you
- You have a seizure (fit)
- You get very irritable
- You have difficulty to see things clearly, or you see double
- You are off-balance
- You or anyone else is concerned about your condition

Make sure that your doctor refers you to the Aspetar Sport Related Concussion Clinic in the first few days after concussion. They will assist with proper treatment and the correct return to play. If you have any questions, please contact your team doctor or physiotherapist:

Dr/Physiotherapist: _____ Mobile: _____