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**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 2789.

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**INFORMATION FOR PATIENTS****Bites and stings****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

Stings and insect bites may cause an inflammatory reaction, which may cause the area to become red, inflamed and itchy. Within the first 48 hours, these symptoms are usually not due to infection.

### **Scratching will make the symptoms worse.**

#### **Treatment:**

- A cold compress (e.g. a cold wet flannel) may relieve symptoms, however, heat may increase the symptoms.
- Creams (antihistamine), may be applied as instructed by the practitioner
- Tablets (antihistamine), may be taken as instructed by the practitioner. These tablets may cause drowsiness - do not operate heavy machinery, drive a vehicle or drink alcohol if you feel drowsy.

#### **Antibiotics**

If you have been given antibiotics, it is important that you complete the whole course. If you think you have developed a reaction to this medication, contact your GP/NHS 111 or return to the Emergency Department.

If the redness continues to spread over the next few days, or if you develop flu like symptoms, the bite may have become infected. If this occurs, contact your GP/NHS 111 or return to the Emergency Department.

Do not worry if your wound is itchy, is slightly red close to the wound or has a slight discharge - this is part of the healing process.

#### **Pain relief medication**

To manage your pain, we advise that you regularly take simple pain relief which can be bought over the counter at a pharmacy.

If you have allergies or conditions which prevent the use of pain-relieving or anti-inflammatory medication, please seek advice from your GP or a pharmacist.

Should you require further advice on the issues contained in this advice sheet, please do not hesitate to contact the Emergency Department – details are on the front of this leaflet.