

Going home – what to expect

When you get home you might still feel very tired and weak. It is important to rest and not push yourself too hard, as this could slow down your recovery. Set small, achievable goals and take things one step at a time.

Sepsis might make you lose your appetite. Try eating small meals and healthy snacks to regain your strength.

It is normal for your emotions to change a lot after being so ill. Talking to someone about your feelings can help.

Your relationships with family might feel different now. They may seem overprotective, but remember, they were very worried while you were sick. This experience may have been hard on them too.

Going back to work might feel overwhelming. Many employers will let you start part-time to ease back in.

Further information

If you need support or advice, talk to your GP. You can also join the local Oxfordshire and Berkshire Sepsis Support Group, run by The UK Sepsis Trust.

The UK Sepsis Trust also offers information for patients and their families. You can reach them at 0808 800 0029 or by email at info@sepsistrust.org.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Approved at Sepsis and AMR Committee

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Sepsis

Information for
you and your
relatives, friends,
and carers

This leaflet provides information about sepsis. Please ask your doctor if you have further questions or concerns about sepsis.

What is sepsis?

Sepsis is a serious condition that happens when your body has a big reaction to an infection. This reaction can harm your own tissues and organs. Sepsis is also called "blood poisoning" or "septicaemia."

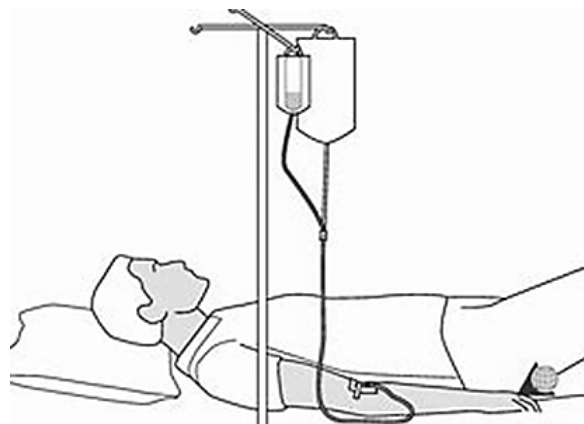
Sepsis happens when your body overreacts to a bad infection. This overreaction can cause damage to your internal organs and make you very sick. Sepsis can get worse very quickly, which can be scary for you and your loved ones.

Most people with sepsis get better after taking antibiotics. But if your immune system is weak or the infection is very strong, sepsis can cause serious problems. These might include trouble breathing, very low blood pressure, or kidney failure.

How is sepsis treated?

Treating sepsis early is crucial and can save lives. The main treatment is antibiotics, which help fight the infection.

You might need an intravenous (IV) drip if your blood pressure is low, or extra oxygen if you are having trouble breathing.



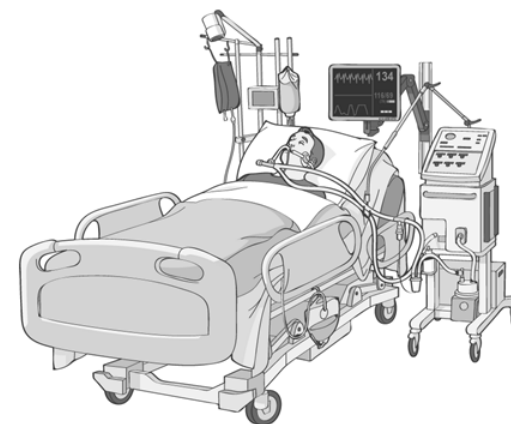
Doctors will do blood tests and sometimes x-rays to find out what is causing the infection and how it is affecting your organs. We'll also check how much urine (wee) you are making. If needed, a catheter (a small tube) might be used to help you pass urine.

What if I need to go to the critical care unit?

If you need extra support, you may be treated in a critical care unit (also called Intensive Care Unit, or ICU). This is where doctors and nurses carefully monitor you and help organs, such as your lungs or kidneys, work with machines, if needed.

You might not remember everything that happens while you are in critical care. Keeping a diary, or having your family keep one, can help you understand what happened later.

Support post-critical care is available at www.readingicusupport.co.uk



What can relatives do to help?

Your family and friends play a big part in helping you get better. Just having them around to give support and comfort can make a big difference.

If you're feeling confused, things from home like photos, music, or books might help. Your visitors can also help by brushing your hair, or helping you eat and drink.

For visitors: Please remember to take care of yourselves too. Eat well, take breaks, and get rest when you can. Supporting someone you love through an illness can be hard and tiring.