### WHAT YOU SHOULD KNOW IF YOU SWALLOW OR INSERT A FOREIGN OBJECT

#### WHAT IS A FOREIGN OBJECT?
Foreign objects are things that should not be in the human body, like:

- weapons
- drug-filled balloons
- razor blades
- razors
- cell phones
- pens
- batteries
- knives, forks, and spoons
- staples/nails
- paper clips
- cartons
- foam cups

#### WHAT COULD HAPPEN IF I SWALLOW OR INSERT A FOREIGN BODY?
- You could die
- Pain that may be severe
- Problems breathing
- Fever
- Feeling sick and throwing up
- Serious or permanent injury to body tissue
- Your bladder or bowel could burst
- Bleeding
- Serious infection
- Irritation or swelling
- Blockage of airway or intestines
  (due to change of intestine position or bowel swelling from soaking up body fluids)
- The foreign body could get stuck or move to another part of the body. You may need medical help to remove it.
- Signs of an Overdose:
  - Seizures
  - Sleepiness or coma
  - Anxiety or jitters
  - Breathing problems
  - Chest pain
  - Rapid heart beat
  - Death

#### HOW IS A FOREIGN OBJECT IN THE BODY FOUND?
- Patient report
- Report from observer
- Physical exam
- X-ray
- Metal detector

MEDICAL STAFF CANNOT ALWAYS SEE A FOREIGN OBJECT IN AN X-RAY. TO STAY HEALTHY, IT IS VITAL THAT YOU REPORT WHAT YOU HAVE INSERTED OR INGESTED.
**What You Should Know If You Swallow or Insert a Foreign Object**

Permanent damage to your body may occur from single or repeated swallowing or insertion of a foreign object.

**What Should I Do If I Have a Foreign Object in My Body?**

Tell health care staff what you swallowed or inserted. Promptly report any of these symptoms:

- Pain
- Bleeding
- Difficulty breathing
- Hard to swallow
- Problems with bowel movements
- Urination problems
- Feeling warm or feverish
- Anxiety or jitters
- Drowsiness
- Other changes in how you feel

Follow up with your health care provider as directed.

**Treatment of Foreign Object in Body**

The location and type of foreign object determines treatment which may include:

- Waiting for passage of the foreign object
- Removal by suction
- Removal with instruments (possibly including use of a scope)
- Surgical removal

**Serious and Lifelong Complications of Foreign Body Insertion/Ingestion May Include:**

- Permanent Colostomy *(patient wears a bag attached to abdomen to collect feces)*
- Permanent Urostomy *(patient wears a bag attached to abdomen to collect urine)*
- Permanent Fistulas *(abnormal connection from hollow organ to skin or between two hollow organs. An example of a fistula is an abnormal tract from the rectum to the skin)*
- Internal scarring and problems with organ function
- Scarring of the skin
- Permanent brain damage
- Permanent organ damage