

What to Expect from your Epilepsy Monitoring Unit (EMU) Admission

You have been scheduled for an EMU Admission:

Date: TBD

Time: TBD

Location: Providence Portland Medical Center
4805 NE Glisan, Portland, OR 97213

**Epilepsy RN will be contacting you the week before your admission. If you are unreachable, your admission will be cancelled.*

What is Video-EEG Telemetry?

EEG- A standard electroencephalogram (EEG) is a diagnostic test that can record “snapshot” of your brain’s activity. It usually takes less than an hour to do. During an EMU admission, there is continuous monitoring of the brain’s activity for up to five days and requires a stay in the hospital.

Video- The neurologist will use a video camera and EEG at the same time during the admission to record what your seizure looks like. How you act right before, during, and after your seizure give clues about where your seizure starts and what type of seizure it is.

Telemetry- Your heart will be monitored continuously during the admission.

What will my room look like?

You will be admitted to a private room with a private bathroom (includes shower, toilet, and sink). There is a recliner chair that turns into a bed for a family member or friend that might stay. The video camera is located on the ceiling across from the bed. There is also a microphone in the room.

Admission to the EMU

Your insurance company needs to approve your hospitalization. The Epilepsy Clinic will ensure that a prior authorization has been obtained prior to your admission. This means that, like any other medical care you receive, your insurance will pay for a percentage of your stay and you will likely have a percentage to pay as well. If cost is a concern you may want to contact your insurance company to find out how much they cover.

**If you have any scalp/skin conditions, please be sure to inform your provider.*

On the Morning before the Admission:

- Shower, but do not use any leave-in/oil based conditioners, gel, or hair spray. Hair must be dry prior to admission.

- Eat Breakfast.
- Seizure Medication Instructions: ***
(If instructed to hold your morning anti-seizure medication, please DO NOT drive)

When you arrive at the Hospital:

Check in at the admitting desk (this is located on the first floor to the left of the main hospital doors). They will escort you to the appropriate room. Once in the EMU, the EEG technologist will come and glue small metal discs attached to wires to your scalp. Your head may be wrapped with gauze to keep the small metal discs and wires in place. The EEG wires from your head will connect into a small shoulder pack. You will also have an IV placed. A lab technician will draw your blood to check the level of seizure medication in your system and blood counts.

Members of the EMU Team

- The **Neurologist** will read your EEG, order your medications, and develop a treatment plan to manage your seizures
- The **EEG Technologist** will connect you to the EEG, adjust the EEG leads, and make sure that the recordings are good quality.
- The **EMU Nurse** will give you medications, perform assessments, and help keep you safe during a seizure.

Helping you have a Seizure or Episode

Things that bring on a seizure or episode may include stress, lack of sleep, missing medications, exercise, infections, and flashing lights. So the following are some techniques that may be applied during the admission to trigger a seizure or episode:

- Anti-seizure medications may be reduced or stopped
- You may be asked to stay awake
- Pedal bike
- Flash lights
- Breathe hard and fast

What happens if I have a Seizure or Episode?

We ask that a family member or close friend stay with you during your admission to help identify your seizures. You will be given an event button that you or your family member will push if you feel like you are about to have a seizure. This button marks the EEG and notifies the nurses. **It is IMPORTANT that you push the button every time you think you might be having a seizure, unless instructed otherwise.** During a seizure, a nurse will check to make sure that you are safe. Once they know that you are safe, they will ask you questions and have you perform some small tasks.

Emergency medications are ordered if you have a long seizure or frequent seizures.

Rules:

1. A nurse or nursing assistant will need to be present whenever you are out of bed, especially when you are off camera. This includes using the bathroom.
2. Door and curtains must be left open at all times.
3. All four side rails will be raised and covered with seizure pads.
4. A Bed alarm will be placed on your bed that will alert the nurses if you get up without assistance.
5. No smoking will be allowed. We can provide a nicotine patch if you would like, just let us know.
6. You will not be able to shower while connected to the video-EEG. Your nurse or nursing assistant will help you wash up at the sink or in the bathroom (off camera).
7. No gum chewing. Gum chewing or sucking motions can hide electrical activity on the EEG. Chewing during meal times is not a problem because it is for a short period of time.
8. No animals allowed during the admission, unless it is certified as a service animal under the Americans with Disabilities Act (ADA) and there must also be another visitor present that can help assist with the animals needs.

Planning your Stay

Video-EEG monitoring usually takes 3 to 5 days. You need to stay long enough to “capture” more than one of your typical events. Each day the EMU team will meet with you to come up with an action plan for the next day. If someone is staying with you, which we strongly encourage, they will need to plan to get food at the cafeteria or the café downstairs. Discharge is aimed for Friday, but can happen earlier in the week. When the neurologist informs you that they will be discharging you, please understand it will take a few hours before you are able to leave the hospital. The nurses will go over final instructions, take out your IV, and educate you on any new prescriptions that are ordered.

What to Bring to the EMU

- Comfortable clothing
- Hygiene necessities (toothbrush, toothpaste, deodorant, etc.)
- Activities to keep busy
 - Books, magazines, newspaper
 - Games, cards
 - Puzzles
 - DVDs- there is a DVD player in each of the rooms along with cable television
 - You may bring laptops, tablets, cellphone- they must be closed and off to the side when charging
- Do not bring your medications unless requested otherwise
- Optional—your pillow and a blanket

Contact Numbers

Providence Neurological Specialties
Epilepsy Clinic
P: 503-215-8580

Providence Portland Medical Center
8S-Neurology
P: 503-215-7883

***If you are scheduled for an EMU admission and you must cancel/reschedule, please do so as soon as possible. There are often wait lists for these evaluations and advance notification will enable us to use this resource to help other patients. If cancelling on the weekend, please call both numbers listed. If cancelling on a weekday, please just call the Epilepsy clinic.**

Questions?

Please write any questions you have below. The Epilepsy Clinic nurse will be calling you a week prior to your admission and will be able to answer your questions at that time.