

Epilepsy Monitoring Unit (EMU)



BEFORE ADMISSIONS

Plan to be at the hospital up to five days and in some cases longer.

Continue to take all prescribed medication unless directly instructed to make changes by our staff. Your medication will be managed by our staff during your hospitalization.

Please do not drive yourself to or from the hospital. Changes to medications, sleep and other factors increase vulnerability to have seizures. We'll discuss when it will be safe for you to drive again.

Wash your hair before coming to the hospital. Do not use oil, conditioner or styling products. Remove hair pieces. You will not be able to shower during the hospital stay due to the electrodes on your scalp. You will be able to bathe at the bedside or at the sink.

Patients with epilepsy often require testing to help diagnose and treat their condition. Many benefit from the advanced testing performed in our epilepsy monitoring unit, or EMU. Your epilepsy team wants your time in the EMU to go as well as possible, and your safety is our number one priority. This fact sheet tells you how to prepare and what to expect for the best experience possible.

If you have any questions please call **503-346-3133**.

www.ohsu.edu/epilepsy



BRAIN
Institute

WHAT TO BRING	
	Insurance information.
	All current medications including over the counter medications, vitamins and inhalers for review by your care team. While in the EMU, your medication will be supplied by the hospital pharmacy. After your personal medications have been reviewed, they will be secured and returned to you on discharge. OHSU hospital policy does not allow over the counter medication to be administered during hospital stays because they are non-FDA regulated and not identifiable.
	If you are being treated for sleep apnea, bring your machine and needed equipment. Ensure it is clean and in good working condition.
	Enough clothing for a week. Shirts and pajamas must open in the front because they cannot be pulled over your head while connected to an EEG. Please bring dark colored clothing – they produce better video images.
	Personal items: Glasses, hearing aids, toiletries, photos, special blanket or pillow, etc.
	Entertainment: Books, laptop and crafts. Anything to alleviate boredom while sitting in bed. Free Wi-Fi is provided.

DAY OF ARRIVAL	
	Eat breakfast and take your morning medication before coming to the unit.
	Check in to the admitting office next to the fireplace at the main hospital entrance by 8 a.m.
	After registration, go to the Hatfield Research Center and take the elevator to the 10th floor. Go directly through the double doors to the 10D unit and report to the nursing station.
DURING YOUR STAY	
	Medication changes are sometimes necessary to observe seizure activity. Your medications may be stopped or changed during your stay in the EMU. The doctor or nurse practitioner will discuss this plan with you before any changes are made.
	Intravenous (IV) access will be established. If needed, an IV will be placed to draw blood or to give you medication.
	For your safety, and to ensure accurate monitoring, you will spend the majority of time in bed during your stay. To prevent falls, a nurse will always help you out of bed, even to walk to the bathroom. However, you will have complete privacy in the bathroom.
	Tobacco products and e-cigarettes are not allowed. A nicotine replacement will be provided to you upon request.
	No gum or candy is allowed as it may disturb the EEG recording.

FOR YOUR COMPANION



We encourage that ONE adult caregiver, family member or friend, who is familiar with your seizures, stays with you during your stay. This person's feedback about your events is an important part of the monitoring process. It is not required but often this person can alert staff to seizure activity a patient is not aware of and help with your assessment.

Please do not plan on more than one other person staying in your room overnight. A private hospital room with an extra flat single size day bed is provided for your stay. They may bring extra pillows or padding to make this more comfortable. There is no charge for this bed; however your companion will have to provide for their own food. There is a cafeteria and cafe available in the hospital. Meals and snacks can be brought into the hospital but refrigeration is not available for personal food.



Please be sure your companion brings the personal items they require, including medications or equipment, to meet their own needs.

About the OHSU Brain Institute

The OHSU Brain Institute is a national leader in neuroscience patient care, research and education. We provide the most comprehensive care for neurological conditions in the Northwest.