



## Patient Information regarding diagnostic study in the Epilepsy Monitoring Unit (EMU) on the 7th Floor of Ochsner Medical Center

- *Per policy we encourage that you arrange for someone to accompany you for the entire length of your stay in the EMU.*
- *Children are NOT permitted to stay overnight.*
- Accommodations will be provided for you guest to sleep (bed or sleeper sofa). Food will **not** be provided for your guest.
- The individual that accompanies you must be involved in your daily care and have knowledge of your seizure history. ***If you are unable to have a friend or family member accompany you please notify us in advance. This allows us to ensure that extra staff is available for your safety.***
- Please note as part of this admission the EMU patient rooms are monitored by camera. You and your guest will be video recorded 24 hours per day. This allows the physicians to view your seizure activity. *You will **NOT** be recorded while in the privacy of the bathroom.*

### Arrival Instructions

- Arrive to the Admissions Department at Ochsner Medical Center – Jefferson Highway between **11AM** and **Noon** to check in for your admission.
- The Admissions Department is located on the 1<sup>st</sup> floor of the hospital across from the Capital One ATM.
- ***If you have not been checked in between 11am and Noon (or the alternative you may have received) your reservation will be cancelled. We have had to implement this policy due to the increase of patient volume vs. available bed space.***
- ***Please be patient if there is a delay with obtaining your hospital room. On occasion unforeseen circumstances may cause a delay. You will not be turned away and every effort will be made to get you to your room as soon as possible.***
- *If you should encounter any problems between receiving this letter up until you arrive to the Admissions Department please call the Neurology Clinic at **504-842-2641** and ask to speak to Bonnie, Epilepsy Monitoring Unit Coordinator.*
- ***Medication instructions – PLEASE ADHERE TO SPECIFIC MEDICATION INSTRUCTIONS PROVIDED TO YOU BY YOUR PHYSICIAN regarding your seizure medications. These medications are typically changed during you stay in the hospital and can impact the EEG study.***

### **Admission Instructions / General Instructions**

- Please bring **ALL** current medications, as needed medications, and over the counter medications, vitamins, and supplements. If your medications need to be held we will notify you of this prior to your admission.
- Hair must be ***thoroughly washed and free from all hair products***. All braids, weaves, extensions, etc. must be removed prior to coming into the EMU.
- Please do not chew any gum (including nicotine gum). This causes interference with the EEG equipment. If you are attempting to quit smoking or are a smoker please inform the nursing staff when you arrive to your hospital room. The Internal Medicine Team will be able to order you a nicotine patch.
- The Epilepsy Team may require you to be sleep deprived during your stay in the EMU.
- You will be required to sleep in a hospital gown during your stay. This is a precaution in the event that you require urgent medical care. If an emergency should arise clothing may be cut off if it prevents the medical/nursing staff from providing you with care. If you have additional questions the admitting hospital RN will be happy to answer those questions for you.
- Books, cell phones, tablets, laptops are allowed as long as they do not interfere with your care. Please respect and follow any additional guidelines set forth by the hospital staff. At times these devices can cause an electrical interference and may need to be turned off. If you have additional questions the admitting hospital RN will be happy to answer those questions for you.
- Your length of stay in the EMU is dependent on your seizure activity and our ability to record adequate data regarding your events. This is dependent on the recommendations of the Epilepsy physician. The average stay ranges from 3-7 days.

### **The Epilepsy Monitoring Unit (EMU) team members**

***The Epilepsy Monitoring Unit (EMU) is composed of a multidisciplinary team consisting of:***

**The EEG Technicians** - The EEG team will be the first of our staff that you will meet after arriving to your hospital room. They will be responsible for attaching the leads (wires) to your scalp. These leads will help us monitor your brains electrical activity. The data obtained from these recordings will further assist the physicians with your diagnosis and treatment.

**The Epilepsy Physician's Group** - An Epileptologist will be consulted during your stay. Many of you see one of these physicians in our Neurology Clinic at Ochsner. For those of you that have been referred to the EMU at Ochsner Medical Center these will be new faces. Each of these physicians is highly sought after. We have many patients that travel from other states for treatment from our Epilepsy physicians.

**The Epilepsy RN** – The Registered Nurse for the Epilepsy Group is the patient liaison before, during, and after your EMU Admission. In addition the Epilepsy RN oversees the surgical candidates and Epilepsy Clinic patients.

**Internal Medicine-** The Internal Medicine staff will oversee your medical care during your EMU Admission. The Internal Medicine providers will work with the Epilepsy Group in order to establish an individual plan of care for you during and after your stay.

**The NeuroStep Down (Nursing-**The Epilepsy Monitoring Unit is located in the NeuroStep-down Unit on the 7<sup>th</sup> floor of Ochsner Medical Center. The Nursing staff will be responsible for completing your admission when you arrive to the floor. The staff is highly professional and knowledgeable in a variety of patient conditions. The EMU, located on 7<sup>th</sup> floor, connects to the ICU and Neurology clinic allowing convenient access to the EMU for all teams involved in your care.

**If you have any questions, please contact Bonnie at 504-842-2641.**

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