

Preparing for Your Admission to the Adult Epilepsy Monitoring Unit (EMU): What to Expect



Understanding the EMU

- The adult EMU is located at 6 Central (6C) of the Main Hospital.
- The EMU is a specialized hospital unit designed for patients with seizures. The information we collect during your time here helps your neurologist evaluate, diagnose, and treat your condition.
- Each day the EMU team will review your EEG and video, and discuss results with you. At the same time, they will discuss the treatment plan with you.
- People are often admitted to the EMU so their doctors can characterize the nature of seizures and make recommendations in medication and treatment options.
- EMU admission involves prolonged video-EEG monitoring, or a brain wave test, which is recorded continuously during your stay. This allows us to observe your episodes both electrographically (by EEG) and clinically (by video). You will be asked to stay in view of the camera at all times, excluding toileting and hygiene.
- Please tell us if you know of anything that can cause you to have an event. If applicable, use the push-button to indicate the beginning of your event.
- A staff member will not be able to remain with you at all times. However, a staff member will view you continuously over camera and will alert the staff when you have an event.
- Your safety is our priority, and the staff is trained to take care of all seizure emergencies.

During Your Stay

- You will be continuously monitored with video and EEG.
- Because we try to provoke seizures, we have certain safety guidelines in place.
- We may reduce or stop some of your anti-seizure medications, depending on how often you have seizures. However, we do not want you to stop or reduce your medication before you are admitted.
- You will be required to have at least one staff member with you any time you are walking. You are allowed to utilize the bathroom attached to your room within reason; however a staff member will need to remain within arm's length of you and within sight.
- While in your room when no staff member is present, you will either be in the bed or the chair with a safety alarm activated.
- The EEG leads on your head will be connected to a wire that links to the wall, and you'll need to carry the monitor with you as you move around the room.
- Along with the EEG leads, you will also have chest leads to monitor your heart.
- The EEG pack that holds the equipment needs to be attached to you at all times.
- If you are in the hospital more than three days, usually on the fourth day the leads will be removed from your scalp so that you can wash your hair and place new electrode wires.
- **Guest meals-** The hospital can provide a second guest meal for a fee. Guests are also able to bring food from home and store it in our patient refrigerator. There is limited space and anything stored will need to be taken back within 72 hours per policy.

What to Bring: A Checklist

- Bring all your current medications in their original bottles. After your medications have been reviewed, they will be securely stored and returned to you **when you are discharged. Alternatively, a care partner can take them home for you.**
- While you are admitted, please do not take any of your own medications. **Your nurse will give you your medications.**
- Most of your time will be spent in your hospital room. Bring something to occupy you, such as reading material, stitching, puzzles, art work, or a laptop computer (wireless internet access is available).
- You will be allowed to wear your own clothes. Button-down shirts are preferable, but normal tee-shirts are okay. You will need assistance from staff when changing outfits. Pack clothes in **anticipation of staying the full week (7 days).**
- There is a laundry room so staff can have your clothes washed.

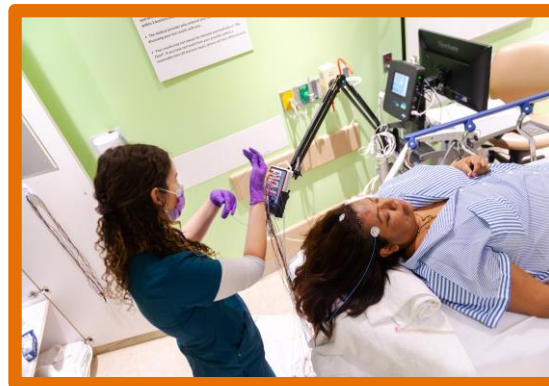
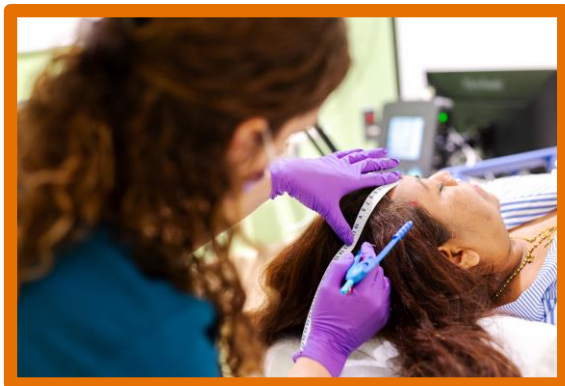


EMU Preparation

- Wash your hair the evening before or the morning of your admission. Do not use any styling products in your hair.
- Check in at the Registration Office located on the first floor of the Primary Care Center at least 15 minutes prior your appointment.
- Then proceed to the EEG lab, located on the ground floor of the Primary Care Center, for check in.
- Please use the bathroom prior to your technologist bringing you back to the testing area.

What to Expect in the EEG Lab

- The EEG technologist will measure and mark your head with a red crayon marker to determine the exact placement of the electrodes.
- The technologist will then take a cotton swab and a sandy scrub to gently exfoliate the skin so the electrodes will make good contact with your scalp. This improves the accuracy of the EEG.
- 23 electrodes discs are filled with a special cream and placed on your scalp.
- In addition, two electrodes will be placed on your chest to monitor heart rhythm.
- The electrodes are attached with a special glue. This will ensure they stay for several days.
- The technologist will walk you to the inpatient admissions office located on the second floor of the Main Hospital.



What Happens When the Electrodes are Removed?

- The doctor will tell the EEG technologist to remove the electrodes when they have captured enough information.
- The technologist will use a special remover to clean as much of the glue and residue from your scalp as possible.
- Most people will need to thoroughly shampoo and condition their hair after EEG monitoring because some of the glue remains on your hair.
- It might take up to a few days to remove all the dried residue.
- After the electrodes are removed, you might experience redness or blisters. Avoid rubbing the irritated area. If there are marks, apply antibiotic ointment. Healing may take 1-2 weeks.

Understanding Your Hospital Stay Duration

- The duration of your hospital stay is determined by the frequency of the events causing your seizures. Be prepared to stay up to one full week.
- On the day of discharge, we will do our best to have you discharged by 11 am.
- If you need help making transportation arrangements, please let us know.
- If you would like information regarding lodging options, please visit <https://uvahealth.com/patients-visitors/stay/list-hotels> for a full list of lodging options near our location.

What if I have Questions?

If you have scheduling and/or insurance questions, please call the

EMU Scheduling Coordinator at 434-924-2706.

If you have questions about the EMU itself, please call the

EMU Nurse Coordinator on 6 Central at 434-305-9367.

Parking

- Please park in the Lee Street Parking Garage, located at 121 11th Street, SW, Charlottesville, VA.
- If you need valet parking, pull in the front entrance circle of University Hospital, located at 1215 Lee Street, Charlottesville, VA.



