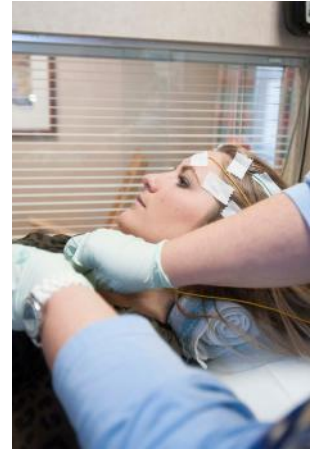


# Epilepsy Monitoring Unit

Your healthcare provider has decided that you need to have an Epilepsy Monitoring Unit (EMU) hospital stay. The reason for this stay is to watch your seizures/spells on a camera and electroencephalogram (EEG). An EEG is a test that will show electrical action in your brain by having small electrodes glued to your scalp. The provider will decide how long your EEG will last. The EEG is then studied so that the doctor can make a correct diagnosis and optimize your treatment.

The number of days each person will stay in the EMU is different, depending on the EEG results. A nurse practitioner and/or physician assistant will work closely with the EMU doctor to decide your plan of care. The healthcare team will work with your insurance provider to obtain any approvals needed.



## Guidelines to prepare for an EMU hospital stay:

1. You will be contacted by a neurology team member to schedule the EMU hospital stay.
2. Please take all medications, as prescribed, the day before and morning of your stay unless instructed otherwise.
3. You should bring all the medicine you take, including seizure medications, non-seizure medications, over-the-counter medications, vitamins and supplements for review. Please bring the medications in their bottles with a label and not in a pillbox. After review, you may send the medication bottles home or a nurse will store them safely and return them to you when you leave the hospital.
4. Please make sure hair is clean and dry, free from oils, gels, hairspray or other products. No hairpieces, wigs, braids or weaves.
5. An adult guest should be with an adult patient as often as possible, and is required to stay with a pediatric patient at all times.
6. While you are in the EMU, a hospital gown will be given to you, but you can wear your own open front (button down) shirts if preferred.
7. You should bring personal care items from home, like toiletries, glasses, hearing aids, CPAP machines and any other items that you use every day.
8. You may also bring games, books and crafts to help pass the time. We are not responsible for personal belongings brought to the hospital.
9. Atrium Health is a tobacco-free healthcare system (chewing tobacco and vaping are included).
10. You will receive a confirmation phone call approximately one week prior to your admission to ensure we have a bed held. It is very important that you confirm your plan to come.
11. Eat breakfast as normal on the day of admission unless you were given diet restrictions.

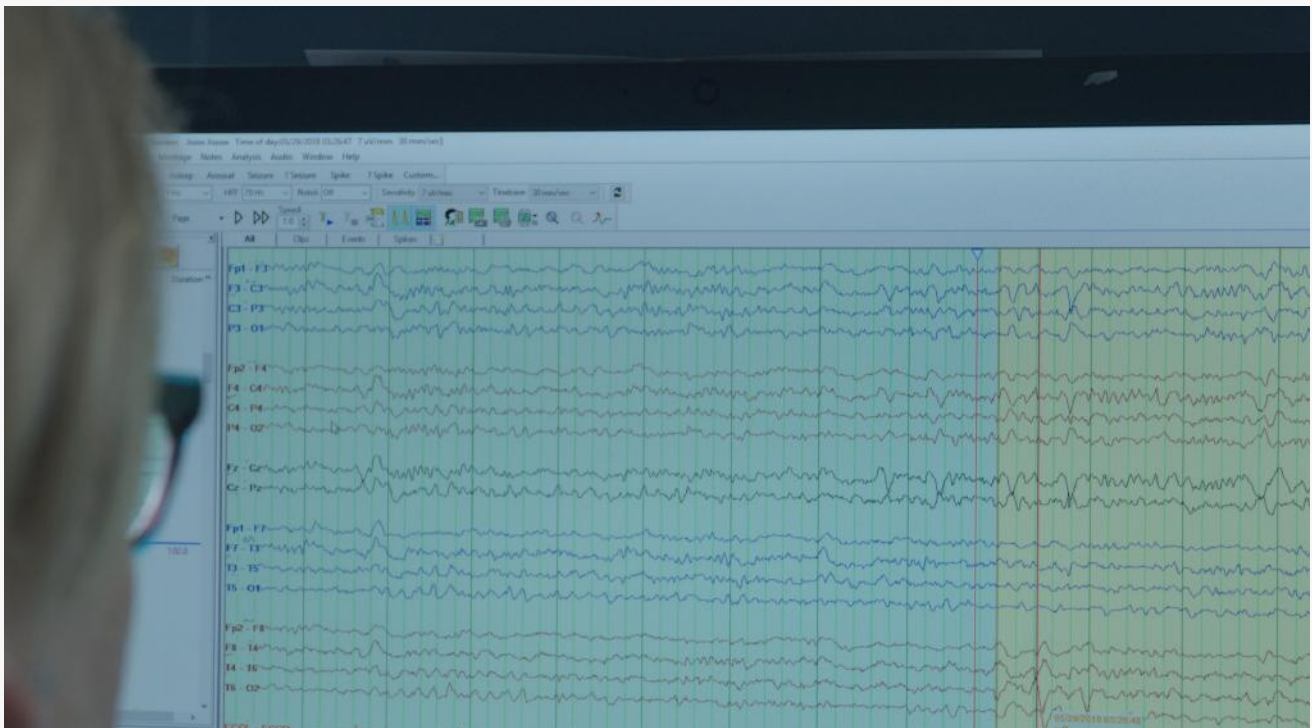
## What to expect during an EMU hospital stay:

1. You will have a private room, private bathroom and TV.
2. You will be seen by either a doctor, nurse practitioner or physician assistant every day during your hospital stay.
3. When you arrive at the EMU, a member of our neurology team will come to your room to begin the admission process.
4. An EEG technologist will attach the electrodes to your scalp with an adhesive glue material and electrodes on your chest to watch your heart rhythm.
5. You will be allowed to get up and walk around in the room to encourage normal home activity. You will also be able to go to the bathroom in private (there is no camera in the bathroom). You will not be able to walk outside of the room.
6. Because the electrodes will stay on your head the whole time you are in the hospital, you will not be able to wash your hair or shower until right before you leave the hospital. You may wash yourself at the sink in the bathroom.
7. You and any visitors in the room will be on video during the entire hospital stay. This does include audio.
8. During your stay in the EMU, the healthcare provider may adjust or stop your medications.
9. Different techniques may be used to make you have seizures, like keeping you up late at night or waking you up early in the morning, hyperventilation (deep breathing exercise), photic stimulation (bright, flashing lights) and exercise. These will be discussed with you throughout the hospital stay.
10. You may have an IV inserted, if needed, for emergency use.
11. The event button should be pressed as soon as a spell/event/'seizure' starts.
12. Additional physician consultations or tests might be ordered during the hospital stay. If this is needed, the reason for the test will be explained to you before it is done.
13. Child Life Services will be available to provide activities for pediatric patients.
14. Pediatric patients at Atrium Health Levine Children's Jeff Gordon Children's Center can also visit the playroom for short amounts of time. Please speak to your child's nurse to coordinate a time to visit the playroom.



## What to expect after an EMU hospital stay:

1. When you leave the EMU, you will be given discharge papers including follow-up appointment information.
2. There may be some of the adhesive glue-like material left in your hair. It will wash out with a few normal hair washes. Most often, baby oils or similar products can be used to help remove it.
3. The findings of this study will be reviewed with you and your care team.
4. Please call the doctor's office listed on your discharge paperwork with any questions after you leave the hospital.





**Atrium Health**  
**Neurosciences Institute**