

Institute of Neurology
Epilepsy Monitoring Unit Instructions with Sedation
(973)-322-7580

You have been scheduled for admission to the Epilepsy Monitoring Unit. We will monitor the brain's activity using both EEG equipment and video cameras to videotape the body movements during a seizure. If you are over 18 years old and are not able to sign your own consent form, you must bring your legal guardian with you. In order to assure that you will be able to tolerate the application of the EEG leads, your physician has asked that we apply them while you are sedated. And anaesthesiologist will give you IV medication, which will put you to sleep for the time that it takes to apply the electrodes. This will take approximately 1 ½ hours. When this is completed, you will be transferred to your room. *In order to make sure that your stomach is empty prior to receiving the IV sedation, it is necessary that you have nothing to eat or drink after midnight the night before admission. However, it is important that you take your usual medication first thing in the morning with a sip of water.* The anaesthesiologist will call you the evening before to review this with you. The electrodes will stay in place on your scalp during the entire stay in the unit. The average length of stay is from three to seven days. You may share a room with another patient during your hospital stay. Our neurologists, Dr. Eric Geller, Dr. Rina Goldberg, Dr Aviva Bojko, Dr Mangala Nadkarni or Dr Lara Morse will be monitoring your care while you are in the hospital. The results of your monitoring will be discussed with you in the office on your follow up visit.

Depending on the goals for the admission, it is often necessary to reduce the dosage or stop the anticonvulsant medication you are taking. Please bring all your medications in their original bottles with you to the hospital. **If you are on any of the following medications, please be sure to bring them with you as the hospital pharmacy may not have them available.**

Felbatol (Felbamate)
Sabril (Vigabatrin)

Frisium(Clobazam)
Lyrica (Pregabalin)

****NO GUM CHEWING**

We ask that no medications be taken without the knowledge of your nurse. We may also use sleep deprivation or visual stimulation in an attempt to elicit a seizure. Feel free to bring along your favourite puzzles, games or books to read. Adult students will find the monitoring stay a good time to catch up on or get ahead in their homework. Plan to wear button-down, loose fitting shirts, and shorts or sweatpants. You do not need to wear a hospital gown unless you choose to. **Please arrive with clean, dry hair; free of styling products, braids or hair weaves.** A family member may stay with you during your stay. Most of the time you will stay in bed or in a reclining chair next to your bed. Having a family member or staff member accompany you on all walks is required for your safety. Also for safety reasons, your walks are confined to the unit. **Individual treatment plans may differ. If you have questions you may discuss it with your doctor.**

There is no smoking in the hospital. You will not be able to leave the nursing unit to smoke. If you wish, we will provide you with a nicotine patch during your stay to make you more comfortable. Smokeless (chewing) tobacco is not acceptable because it could cause airway blockage during a seizure. If you have concerns about your smoking needs, please discuss this with your doctor or nurse prior to admission. Please plan to arrive at the medical center between 1 ½ hours before the scheduled procedure time and report to the first floor, Short Stay Unit, Area A2. If you have any insurance questions, call Carole Werhle at (973) 322-7257. If you need to cancel or reschedule this admission please call Debbie Janoff at (973) 322-7154.