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LSUHSC/University Medical Center Epilepsy Monitoring Unit (EMU) Video-EEG Monitoring

Frequently Asked Questions

- 1. Do I need to do anything in preparation for my hospital stay?**
You may have your antiepileptic drugs decreased or stopped prior to your admission day so that seizures will be more likely to occur and can be recorded. You will also be asked to have blood work, a chest x-ray and urine test one to two weeks prior to your admission.
- 2. What should I expect when I arrive?** You will go directly to the EMU where you will be admitted and shown to the monitoring room. The EEG technologist will arrive and connect you to the EEG electrodes. The electrodes will be secured to your head with a special solution and gauze will be placed over your head to protect the electrodes from coming off.
- 3. How long should I expect to be in the EMU?** Video-EEG monitoring typically lasts for 3-5 days. You will be monitored 24-hours per day with video and EEG recorders.
- 4. Will I need my medicine? Please bring your own medicines from home.**
Although you may be stopping or decreasing your antiepileptic drugs before entering the unit, you will continue taking most other prescribed medications. Before discharge from the monitoring unit, your physician will re-start your antiepileptic drugs. In order to reduce the risk of increased seizures when you return home, it is important that medications be at therapeutic levels at the time of discharge. This may extend your hospital stay by one day. Your drug levels are more likely to stay consistent if you are administered your usual brands of medication.
- 5. Will meals be provided for me during my hospital stay?** Three meals will be provided daily by the hospital. The family member staying with you can bring food or go to the cafeteria to eat.
- 6. Do I have to wear a hospital gown?** You may wear your own clothes, but we ask that you wear loose fitting, button down or zip-up shirts. Pullover shirts are not acceptable because of the electrode cables. Please make sure to bring socks, shoes or slippers for your feet, as well as all necessary toiletries for you and your family member (toothpaste, toothbrush, shampoo etc.).
- 7. Will I have my own room and bathroom?** The room is a private room with a private bathroom. You may not wash your hair until the electrodes are removed on the day of discharge. You may only go to the bathroom with nursing help. This is to prevent falls.

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8. **Will I be video-monitored in the bathroom?** The bathroom is equipped with an emergency call button, but not with video equipment. If the door is open, it is possible that some activities may be recorded.
9. **May I leave my room?** During your stay, you will have scalp electrodes attached to the EEG instrument by a cable that is 30 feet in length. You will be in bed except to use the bathroom. You will not be able to leave your room.
10. **I am a smoker. Since I can not leave my room, what will I do?** Your doctor may prescribe a nicotine patch for use during your hospital stay. You may not chew nicotine gum because it may affect your monitoring results.
11. **May someone stay with me in my room?** It is very helpful to have a family member, friend or significant other stay with you during monitoring. Please choose someone who is familiar with your seizures and can help alert nurses that a seizure has started. A sofa with under seat storage will be provided.
12. **What are the EMU visiting hours?** Visiting hours on the epilepsy monitoring unit are 9:00 am to 8:30 pm. This does not apply to the one family member that will be staying with you. Up to two people may visit at one time. Children must be aged 10 years or older to visit. Only adults (18 or older) may spend the night.
13. **May I use my cell phone?** Each room is equipped with a telephone, but you may use your cell phone at any time. There is also Wi-Fi available.
14. **Will there be a TV in my room?** There is a television in each room. You may want to bring a portable DVD player, videos, games and books.
15. **What may I expect when I am discharged?** At discharge you will be given medication instructions and may be scheduled for additional testing. You will return to the clinic for a follow-up office visit in one to two months after you are monitored. Your return visit may be delayed if testing ordered at the time of discharge has not been performed or results are not available.