



Owensboro Health  
Regional Hospital

## Epilepsy Monitoring Unit



## What to Know Before Your Stay

Thank you for choosing Owensboro Health. We hope this booklet will make the preparation for your Epilepsy Monitoring Unit stay easier. We are available to answer your questions at 270-417-5263.

## Why hospitalization?

The goal of EMU hospitalization is to record your typical seizures for diagnosis purposes. To provoke your seizures, your medication might be decreased or discontinued. Other activation techniques such as sleep deprivation, hyperventilation or photic stimulation might also be used. During your seizures we will monitor your brainwaves, take video of your physical reaction and record your ability to answer questions testing your awareness, memory and comprehension.

Prior to admission, the EMU staff will review your medical history create a safe plan of care for your stay. We are committed to providing high-quality care tailored to your individual needs.

## Before you arrive:

An EMU staff member will contact you one week before your admission. If you are unreachable, your admission will be cancelled.

During our first phone call, we will give you information regarding your appointment, where to go at the hospital and how to prepare for your EMU stay. One business day prior to your admission, a staff member will contact you to confirm your arrival time. Additional information regarding meals, pet visitation, your rights and responsibilities can be found on the OHRH webpage [OwensboroHealth.org/PatientGuide](http://OwensboroHealth.org/PatientGuide).

*Your insurance company needs to approve your hospitalization. We will ensure the approval has been obtained prior to your admission. This means, like any other medical care you receive, your insurance will pay for a percentage of your stay and you will likely have a percentage to pay as well. If cost is a concern you can contact your insurance company for more information.*

# Preparation for admission

## Hair

The day before admission, wash your hair and do not use hair products. Avoid using any hair extensions or wigs. We recommend wearing a natural, chemical-free hairstyle. Do not wear braids or dreadlocks. It is not necessary to shave your head for EMU test.

## Duration of your hospitalization

Plan to spend about one week in the hospital. The duration of your stay can be shorter or longer depending on the progress of the recorded epileptic data. If you must leave the hospital by a certain day, please let us know at least 24 hours in advance. This allows you time to resume regular doses of medication and make sure you can leave safely.

## Medication

On the day of your admission, take all your morning medication as prescribed by your doctor. Bring all your medication in their original containers. While you are hospitalized, your anti-seizure medication may be adjusted or stopped. For your safety, all medication will be administered by your nurse throughout your hospitalization.

## What to bring

You should bring the following items for your stay:

- Non-skid footwear that will not fall off when you walk (shoes without backs such as flip flops or slippers are dangerous).
- Hair products such as shampoo and conditioner, as well as a comb to remove the electrode paste from your hair on your last day of hospitalization.
- Movies, games, books, puzzles or any other form of entertainment to occupy your time during your stay. Cell phones and laptops are permitted and can be used with wireless access. However, you will not be allowed to use these when they are charging as they will interfere with EEG equipment.
- All of your medicine (both prescription and over-the-counter) so we can see what you are taking.
- If you wear contacts, bring lens solution and a lens case.
- Your own pillow and/or blanket if these help you feel more comfortable.

## What not to bring

You will not be allowed to bring any sharp objects such as knitting or sewing needles, razors or pins.

Please do NOT bring medical marijuana or other cannabis products onto OHRH property as they are strictly prohibited.



## Your safety during EMU stay

### **ID bracelet**

You will be given an identification band with your name and OHRH medical record number on it. For your safety, do not remove the band until you are discharged from the hospital.

### **Tobacco-free environment**

For everyone's health, safety and comfort, OHRH has implemented a tobacco-free environment throughout all indoor and outdoor areas. The use of all tobacco-related products and devices, such as e-cigarettes, are also prohibited during your stay. Nicotine patches can be provided by your nurse.

Please inform your visitors about the non-smoking policy.

### **Call button and Event button**

At the side of your bed, you will have a nurse call button and an event button. If you have any warnings that you are about to have a seizure, you will have to push the event button. When you need assistance or when you want to get out of the bed, you will have to push the call button.

### **Bed**

The rails of your bed will be padded and up, and your bed will be in the lowest position at all times. During meals, one bottom rail will be down to accommodate the over-bed table.

## Seizure precaution

Dentures must be removed during your EMU stay.

Chewing gum and candy are prohibited as these might be a choking hazard during a seizure event.

## Fall prevention

During your hospitalization you will be asked to spend most of your time in your bed. Because we do not know when your seizure might occur, you will need to have a care partner or nurse with you when you get out of bed. You will have a call button which you should use to request assistance when getting out of bed.

## Visitors

You are allowed to have a companion above the age of 18 to stay with you overnight. There is a pullout bed in your room that can be used by your visitor. Linens and pillows will be provided. You will not be allowed to leave the room, but your visitor(s) can relax in large lounges located on each floor, the central lobby and in the café.

If you have special needs, one adult family member should plan on staying with you for the duration of your stay in the EMU.



## Privacy

On the EMU ceiling you will see two mounted video cameras that will record you continuously. There is also a microphone placed in the room that allows EMU equipment to record sound simultaneously with the digital image.

There will be no video or sound recording while you will be in the bathroom.

## Your EMU Room

Your EMU room is equipped with remote-controlled TV, safe box, charging stations for mobile devices, free Wi-Fi and private bathroom with shower. You will have educational videos regarding your hospitalization and free movies to choose from.

# Personal hygiene during EMU hospitalization

You will not be allowed to shower because you will have electrodes continuously attached to your head and they cannot get wet. You may have a “sponge bath” with a damp cloth. Male patients will not be allowed to shave because of there will be electrodes placed on the facial margins. You will be allowed to change your clothes.

## What to wear

You may wear your own loose, comfortable clothing. We recommend pants and front button-up shirts, as these allow you to change clothes without pulling them over the head. If you prefer, we can give you a hospital gown that ties at the back.

## Food

We will provide meals for you, but your companion(s) will need to provide their own food. You can bring non-perishable food from home (granola bars, crackers, etc.) The hospital has a cafeteria on the main floor. Do not bring frozen food or any other food requiring refrigerator or microwave.



## What to expect in the EMU

Your medications will be adjusted—and sometimes stopped—while you are hospitalized.

Once in the EMU, the nurse will detail your plan of care and will place an IV into one of your arms to administer medicine quickly if you have multiple or prolonged seizures. A lab technician will draw blood to check the level of seizure medication in your system and blood counts.

An EEG technologist will measure your head, attach EEG electrodes to your scalp and explain the EEG procedure. Your head may be wrapped to keep the small metal discs and wires in place. The EEG wires from the EEG electrodes will connect into a small box which you will keep with you in a shoulder pack.

Because the EEG monitoring restricts your mobility, you should expect to spend most of your time in bed. You have to stay in sight of the camera virtually all the time, except for bathroom breaks. The cable on your EEG box is long enough for you to get up and use the bathroom. You must call your nurse for help when you need to get out of bed. While you are using bathroom, you will be required to keep the bathroom door slightly open for your safety.

Your nurse will check on you periodically through the day and night. A physician will visit you daily, update you on your progress and answer any question you or your companion(s) might have.

The EEG technologist will promptly come into your room if you or your companion activate the seizure event button or if your EEG shows seizure activity. A nurse will be notified to come and ensure your safety during your seizure.



## The day of discharge

In your last day in EMU your medication will be restored to therapeutic levels. A nurse will provide you instructions regarding safety precautions that you should take after you leave the hospital.

A follow-up appointment with your epilepsy doctor will most likely be made before you will leave the Epilepsy Monitoring Unit.

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**Owensboro Health Regional Hospital**  
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