

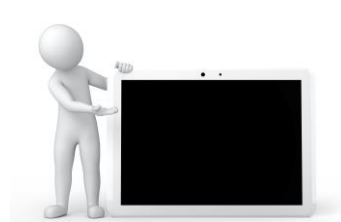
Welcome to the Epilepsy Monitoring Unit (EMU)

At our epilepsy monitoring unit, you will spend a few days doing a 24-hour video EEG recording that captures the moment of a seizure. Doctors review the recordings and analyze your behavior and brain waves. During monitoring, you'll stay in a private room with an extra bed for a relative or friend to give you companionship and support.

How to get ready for your stay

Please do

- Plan to stay for at least 3 days.
- Be ready to talk about your medical and surgical history with a doctor.
- Bring a list of all of your medicine or bring the bottles.
- Take your morning medicines the morning you are admitted.
- Come with clean dry hair. Do not use conditioner, hairspray or gel in your hair.
- Wear and bring extra button-up shirts for your stay.
- Bring things to keep you busy during your stay, like an i-Pad or books.



Please do not

- Do not drink any caffeine (coffee, tea, soda) after 8:00 pm the night before your stay
- Do not use conditioner, hairspray or gel in your hair

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What to expect during your stay

As soon as you are admitted to the EMU, one of the nursing staff will start an IV (a way to give you medicine or fluids in your veins).

- All patients will have to use a call light to get out of bed.
 - All patients need to be helped by staff when getting up to use the bathroom.
 - Staff will use a gait belt to help you move safely from your bed. The gait belt provides support and helps prevent falls.
 - Your medicines will be given to by the staff. They will not use your medicines from home.
- ✗ Medical marijuana and CBD oils are not allowed.
 - ✗ Smoking is not allowed, but we can prescribe a nicotine patch if you need one.
 - ✗ Illegal drugs and alcohol are not allowed anywhere in the hospital.
 - ✗ Weapons are not allowed anywhere in the hospital.
 - ✗ Patients are not allowed to go outside.

*Please call the Clinical Neuroscience Center at (505) 272-0908 if you are sick or if you have any mental health issues close to the time of your stay. Either of these things might cause results of your tests to be wrong. We can reschedule your testing.