



## Epilepsy Monitoring Unit

We are located at the Ottawa Hospital Civic Campus, 1053 Carling Avenue, Ottawa ON, K1Y 4E9. This service is covered by the Ontario Health Insurance Plan (OHIP)

### What happens on the Epilepsy Monitoring Unit?

**Seizure activity will be recorded and assessed using:**

1. Continuous Electroencephalography (EEG) monitoring equipment
  2. A video camera and microphone (positioned over your hospital bed)
- The doctor and nurses will talk with you about your care plan each day.
  - Some dosages of medications may be changed when you are in hospital – if you agree.
  - This admission is focussed on EEG recordings. For any medical concerns you currently have, please review them with your health-care provider before or after admission.

### Before admission day

- Please arrange to bring a family member or friend (if available) on the day of admission. They may help describe your seizures or help you remember details, if needed.
- **If you currently drive, you will not be able to drive on the day you leave (are discharged).** Please arrange for someone to drive you home after your admission. The doctor will let you know if there are any limitations to you driving.
- **Wash your hair the evening before or morning of admission, but please do NOT use conditioner, oils, gels for 2 days before you arrive.** Your hair must not have any gels, oils, conditioner, hairspray or hair extensions. You will not be able to shower or wash your hair while the electrodes are on your head.

### On admission day

- **Please bring:**
  - your provincial health card
  - a list of all your current and past medications and allergies
  - a six-day supply of **ALL medications** you are taking now, in their **original bottles** or as supplied by your pharmacy (pharmacy filled dosette or blister pack).

- any herbal and over-the-counter medications (e.g. vitamins) you usually take
  - at least 200 mL of **low-scent conditioner** (e.g. original Dove /Ivory brand) to use on the last day to make it easier to remove the electrodes
  - any papers or forms the admission team asked you to bring
- **Go to the Admissions area located on the main floor to check in.**
- **After checking in, go to the Neuroscience Acute Care Unit** (Please do not go up to the unit before 7:30 a.m.)
  - **(Take D elevators to the 2<sup>nd</sup> floor, then turn right into the Neuroscience Acute Care Unit)**
  - A registered nurse will welcome you and will start your admission. They will ask you many questions and check your blood pressure.
  - Please give all your medications/lists to the nurse.

**For information about The Ottawa Hospital** visit [The Ottawa Hospital's website](#)

## What to bring with you for your stay?

- personal items of choice. To make this a comfortable experience we suggest, low-scent toiletries, earplugs, books, magazines, electronic devices etc.
- headphones, if you would like to use the television
- a pair of slippers or non-slip shoes
- comfortable clothing. You can expect to be in hospital for 4 to 5 days, including overnight. Please bring shirts with buttons or zippers tops. This is because once the EEG electrodes are put on your head (scalp) you will be unable to pull clothes over your head. The hospital can provide you with a hospital gown if you prefer
- all notes/logbooks that have information regarding your seizures/health conditions
- snacks (optional). There is a shared refrigerator available to all patients.

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**Note:** Please don't bring chewing gum; too much chewing limits the EEG information

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## General information about your admission

- We will contact you to reconfirm your date and arrival time 1 to 2 weeks before admission.
- You will be in a 2-patient room and will share a bathroom with another patient.
- **You will be limited to your room because we need to monitor you, however you can move around in the room.**
- There is a television, at no additional cost – but bring your own headphones.
- A telephone is available at the bedside. Incoming and local calls are included.
- Free hospital guest wi-fi is available in your room.
- All meals are provided by The Ottawa Hospital. Please bring snacks as you wish.
- Visiting hours are flexible. Please work with your care team to determine what visiting hours best fit with your care plan.
- The Ottawa Hospital has a scent free policy. Please do not bring items with scents.
- Smoking or vaping (cigarettes and electronic cigarettes) is not permitted in the hospital or on hospital property. If you are a smoker, Nicotine Replacement Therapy will be available to you.
- You will have EEG electrodes placed on your head for the whole admission time
- The Epilepsy Monitoring Unit team includes neurologists, registered nurses, an advanced practice nurse, EEG technologists, pharmacists, other health-care professionals and support staff

## Your seizure information

- Tell the team:
  - When did your last seizure(s) happen?
    - What triggers your seizures?
    - What do your usual seizures look like?
    - What happens during your seizures?
    - What happens after your seizure is over?
- Ask your family or friends who may have information about your seizures to add to any of your answers to the above questions
- Seizure journals are available at [epilepsy.ca](http://epilepsy.ca) and [epilepsy.com](http://epilepsy.com)

## On the first day

- Nursing staff, an EEG technologist and a doctor will meet with you.
- We will ask questions about you, your health and your seizures.
- We will review all the medications that you take, create a care plan and set goals
- The nurse will:
  - complete an admission interview with you
  - check your blood pressure and heart rate
  - start an intravenous access in your arm
  - write down all your information in your electronic chart
  - give you a tour and show you the monitoring equipment in your room

## Getting ready for EEG monitoring

- Electroencephalography (EEG) is monitored through many wires (electrodes) attached to your head.
- An EEG technologist will stick these wires to your head on the first day using “*collodion*.” *Collodion* smells like a glue and is applied to each wire. We use a hair dryer-type device to make them stick. Specialty ventilation in the room takes away the *collodion* smell.
- It takes about 2 hours for the wires to be stuck on your head.
- You can sit in a comfortable chair that can tilt back while the wires (electrodes) are applied.
- The wires with the *collodion* cannot get wet. You will not be able to shower or wash your hair while in hospital. You can wash in the bathroom or at the bedside.
- These wires are very long and allow you to move about in your room
- Please unplug any personal devices (e.g. cell phones, tablets) before you use them. Doing so will help keep the EEG free from electronic interference and give the doctor who interprets the EEG the most accurate record. You can charge your devices at night when not in use.

## How to improve recording

- Try not to move all the time. Stay calm and close your eyes.
- Face the camera all the time, including when eating meals
- Please ALWAYS wear your black pouch ON YOU, do not leave it on the bed

- Please unplug any personal devices (e.g. cell phones, tablets) before you use them. DO NOT use your electronic device or put it on the bed while it is charging.
- Keep the light on during the day to ensure a better image.
- Please DO NOT cover your head.

## If you have a seizure while in hospital

- During your stay if you “feel” a seizure “coming on” or feel one has happened (where you can) please report this to the nurse and push the “seizure event” button.
- Registered nurses, doctors and team members will respond quickly.
- The bed has extra padding on all sides for your safety.
- Medications may be used to stop your seizure if it goes on too long.
- We will ask you questions before, during and after each seizure.
- There will be a video camera and microphone recording your actions, words and sounds.
- The EEG will collect valuable data for the neurologist and your health-care team.
- It is important that visitors (and staff) do not block the video camera at any time.

## Before leaving the unit to go home

- The doctor and advanced practice nurse will review medications and plans.
- Your nursing team will review discharge instructions with you before you leave. This will include seizure events, scalp care and further instructions. You will get a printed copy of these instructions to bring home with you.
- You will be scheduled for a follow up appointment to review all findings from this admission.
- Your latest possible discharge time is Friday before 2:00 p.m.. The unit closes on weekends.
- The team will let you know during your stay if your discharge day is sooner than Friday. This sometimes happens if enough information is recorded for you in the first 2 or 3 days.
- You can resume your usual level of activities once you go home.
- You should continue to talk to your primary health-care team (e.g. family doctor) after discharge.

## Contacts

- For questions about your admission, please call EMU voicemail: 613-798-5555 Ext. 13873
- For questions for your primary neurologist (test results/prescriptions etc.), please call their office: 613-798-5555 Ext. 17932 for Dr. Kale or Dr. Tad; 19164 for Dr. Rezazadeh.