

# Epilepsy Monitoring Unit (EMU) for Evaluation of Seizures

The epilepsy monitoring unit (EMU) evaluates seizures to help guide future management of your seizures. Your epilepsy monitoring unit study has been scheduled for:

Admission Date	Admission Time	EMU Attending

The EMU is located at **Overlook Medical Center, 99 Beauvoir Avenue, Summit, NJ 07901**. Please enter the hospital through the main lobby and proceed to the Neuroscience waiting room on the fifth floor.

## What Is an Epilepsy Monitoring Unit Study?

This is an elective inpatient study. You will be admitted to the hospital for a several-day stay in the epilepsy monitoring unit. During this time, you will be observed in a safe environment where we can record your seizures for evaluation. We may stop your antiepileptic medications and use other activation procedures to provoke your typical seizure events. You will be monitored 24/7 with electroencephalogram (EEG) electrodes as well as video. The physicians, EEG technologists and nurses will all be closely monitoring you as well.

## What Should I Expect?

Patients are typically admitted on Monday morning and will be discharged three to five days later. The duration of your monitoring will depend on the events that occur during your hospitalization, and the conversation you have with the epileptologist in the epilepsy monitoring unit.

On the day of your admission, you will meet the EEG technologist who will measure your head and clean your scalp in preparation for electrode placement. They will attach electrodes around your head with a special washable adhesive. The electrodes are connected by wires to a machine that transmits the signals recorded from your brain to a computer to be digitally analyzed by the doctor. The technician may perform activation procedures such as asking you to look at a series of bright flashing lights, called photic stimulation. Or they may ask you to breathe rapidly or heavily, called hyperventilation. Afterwards, you will be free to relax in bed or in a chair at bedside.



During this monitoring period, restrictions will be placed to ensure the best quality of your monitoring study, as well as for your safety. Some of the basic rules in the monitoring unit are:

- You will not be able to leave the room.
- You are not able to move out from the bed without assistance from the nurse or nursing assistant.
- Visits to the bathroom will also be closely guarded in case of seizures and falls.
- You will have to wear a roll-belt at all times for your safety.
- You will not be able to chew gum or use a mouthguard.
- You will not be able to wear sunglasses or cover your head during sleep.
- Visiting hours may be restricted, and/or subject to change during special situations.

Monitoring includes continuous EEG as well as video. Please note that your recordings will be archived for clinical analysis and research purposes and may be used for educational purposes. At the time of admission, you will be provided with a consent form that states this aspect of the EMU admission. At Atlantic Health System, we ensure patient security and privacy, and are fully compliant with HIPAA (Health Insurance Portability and Accountability Act) practices. You will be able to ask further questions about this prior to providing your signature.



