

## What to bring checklist:

- + Your insurance cards
- + List of all medicines you take
- + Clothes and undergarments
- + Books, magazines, games, movies
- + Phone charger

## EMU visiting hours:

- + Family members are encouraged to spend as much time as they wish with you.
- + The sofa in your hospital room can be used as a bed for family members to stay the night. We ask that family members do not sleep in the hospital bed with you. This can cause disruptions in EEG monitoring and nursing care.

## Parking:

Parking is available in the Red Garage and Blue Lot.

### Parking Rates

- + 0–2 hours: \$0
- + 2–3 hours: \$2
- + 3–4 hours: \$3
- + 4–5 hours: \$4
- + 5 or more hours: \$5
- + Valet will continue to be \$5



### OhioHealth Riverside Methodist Hospital

Neuroscience Center  
(Silver Area)  
3535 Olentangy River Road  
Columbus, Ohio 43214

*Once at the hospital, if registering for your EMU visit, please first go to registration in the Silver Surgery and Procedural Check-in area. All other guests may meet you on the sixth floor of the Neuroscience Center in the Silver Area.*



## OHIOHEALTH RIVERSIDE METHODIST HOSPITAL

# *Epilepsy Monitoring Unit*

NEED MORE  
INFO?

**If you have any questions,  
please call us at (614) 788.6053  
or (614) 788.6656.**



## Preparing for your visit

An Epilepsy Monitoring Unit (EMU) is a specialized hospital setting designed to monitor brain activity and determine the cause of recurrent, unprovoked seizures. The EMU at OhioHealth Riverside Methodist Hospital is a specialized inpatient unit in the Neuroscience Center where you will have testing that will help your doctor decide:

- + if the spells you are having are seizures
- + how to best adjust your anti-epileptic medication regimen
- + if you are having more seizures than you realize
- + if you qualify for specialized surgical procedures designed to cure epilepsy altogether

Please remember that you should coordinate transportation to and from the hospital for your EMU visit.

## On the day of your appointment

### Before arriving to the hospital

- + Take a shower, shampoo and shave before coming to the hospital. Your hair must be clean and dry. Do not use gel, mousse, dressings or spray on your hair. You cannot take a shower while you are in the hospital because of the EEG electrodes. You will be able to sponge bathe in your room. For safety reasons, showers cannot be permitted while connected to EEG monitoring equipment.
- + You do not need to wear a hospital gown while you are in the EMU. You may wear pajama shorts or pants, or sweat pants. Please bring tops or shirts that button up in the front (no pullover tops) so that your electrodes will not be disturbed. Be sure to bring enough underclothes to last three to five days.
- + Bring books, magazines, movies, games, etc. for entertainment.
- + Please bring all your insurance cards with you. If you have a legal guardian, that person must come with you to the hospital to sign the admission forms.
- + Please bring current list of home medications including dosage and frequency. Home medications may need to be sent home with a family member or secured by nursing staff. Home medications can only be taken when ordered by the physician and administered by nursing staff.

### Once at the hospital

- + Once at Riverside Methodist, go to Silver Surgery and Procedural Check-in.
- + After your admission paperwork is signed, you will be taken to the Epilepsy Monitoring Unit (EMU) on the sixth floor of the OhioHealth Neuroscience Center in the Silver Area.

### Once at the hospital (cont.)

- + If you take medication to control seizures, you may have your dosage changed or stopped so that seizures can occur, be recorded and analyzed. You will be given an IV, if needed, to stop a seizure. This will be discussed with you before any changes to your medication(s) are made.
- + In the event that you experience a seizure, we ask that family step aside to allow for nursing and EMU staff to assess patient.
- + Please do not chew gum, tobacco or hard candy as it may disturb the electroencephalogram (EEG) recording.
- + Other considerations: Children under the age of 18 must have an adult, other

### What to expect while you are in the EMU

- + A neurodiagnostic technologist, a registered nurse and a patient care technician will observe and care for you 24 hours a day.
- + You will be connected to video and computerized EEG monitoring equipment continuously (24 hours a day). To ensure adequate video monitoring, overhead lights will remain on or slightly dimmed 24 hours a day. If you wish to use a sleep mask, please bring one which ties in the back. Although you may feel that there is a lack of privacy, continuous monitoring is necessary to help safeguard your health and gather needed information to help you.
- + Because the EEG wires are connected to the recording equipment, this may restrict your mobility. Please expect to spend most of your time sitting in bed or in a nearby chair. You will be able to use the bathroom when necessary, but you may need someone with you whenever you are out of bed, especially if you are having seizures.
- + A staff member will need to assist you when out of bed at all times. Supervision is necessary in the bathroom to ensure your safety and to help prevent falls. Alternative toileting methods (bedside commode, bedpan, urinal) may be necessary for your safety. Nursing staff may need to use a gait belt, or safety strap, around your chest when you are out of bed.
- + If you experience an aura, a warning that sometimes occurs prior to a seizure, you should report this to an EMU staff member.
- + When you have a seizure, the neurodiagnostic technologist and/or nurse will come be with you.
- + You may be asked to do seizure activations procedures such as, exercise bike and sleep deprivation. Your technician will come in the room to inform you if this is requested by the EMU physician. Please make arrangements to have a ride home after discharge.