

WHAT YOU NEED TO KNOW ABOUT ECT

You have had your medical evaluation for ECT and have been approved for treatment. Please review this information prior to your first treatment.

You are to have **nothing to eat or drink** (no gum or mints) from midnight the night before and through the morning of the treatment. **Please review medication information for any exceptions.** No smoking on the morning of the ECT treatment.

Medication Information:

Blood pressure and heart medications should be taken in the morning before the treatment with small amount of water.

Inhalers for asthma and bronchitis - Use one hour before treatment if needed.

Benzodiazepines, Depakote, Lamictal, Neurontin, Trileptal - Do not take the night time dose or morning dose before your treatment.

Lithium - Do not take for 24 hours before each treatment.

Glucophage/Metformin - Do not take for 12 hours before each treatment.

Coumadin - Your INR (blood level) must be less than 2.4 to have the treatment.

If you have any questions about the medications you are taking, check with your primary care doctor or other doctor monitoring these levels.

On the day of your appointment, you must be accompanied by a family member or responsible adult who will bring you to the treatment and take you home. The escort is expected to remain in the ECT area while you are having treatment. You may not drive for 24 hours. You will be at the hospital about one hour.

If you had any recent surgery, emergency room visits, or flu like symptoms please inform the nurse in the ECT area.

Common side effects after treatment include muscle aches, jaw pain, headache, some dizziness, confusion, and occasionally nausea. Nausea and dizziness should subside within 24 hours.

Most patients receive a series of 6 to 12 treatments. Some patients find that maintenance ECT is best for them. You and your referring psychiatrist may discuss this option.

You will notice changes in your memory as treatment continues. You may want to keep a notebook to write things down. Your memory should return within 3 - 6 weeks after stopping the treatment.

The Sheppard Pratt psychiatrists who will be performing your ECT treatment are Dr. Jack Vaeth, Dr. Dennis Kutzer, or Dr. Carlos Azcarate.

ON THE DAY OF YOUR TREATMENT

PRIOR TO ENTERING ECT ROOM

1. You will need to sign several forms upon your arrival.
2. An ECT nurse will ask you questions and schedule your next appointment.
3. Wear comfortable clothes and shoes.
4. You may be asked to remove your watch and/or jewelry.
5. Limit your use of make-up.
6. Please inform the nurse if you are wearing contact lenses.
7. You will be asked to use the bathroom immediately before the treatment.

ENTERING ECT TREATMENT ROOM

1. A psychiatrist will briefly ask about your progress and your concerns once you enter the treatment room.
2. A nurse, psychiatrist, and anesthesiologist will be with you during the entire treatment.
3. You will be monitored through EKG leads, BP cuff, and oximeter. (You will be asked to remove eyeglasses and dentures).
4. You will be given oxygen through a facemask.
5. The anesthesiologist will start an intravenous line that will give you fluids and medication that will put you to sleep during the treatment along with a muscle relaxant.
6. The psychiatrist, who gives the ECT treatment, will place small sticky leads on your forehead and temple(s).
7. A bite block is placed in your mouth during the treatment and then removed.
8. Once asleep you will be given the actual treatment.

AFTER TREATMENT

1. Once the treatment is over you will be taken to the recovery room where your vital signs are monitored until you have sufficiently recovered from the treatment.
2. Once awake you will be walked from the recovery room to meet your escort at their car.

ONCE YOU ARRIVE HOME

1. Please be sure to eat and drink.
2. Rest as needed.
3. Take Tylenol/aspirin for any side effects - headache, body ache or jaw pain.
4. Also take any morning medication that you did not take before treatment.
5. If you experience nausea or vomiting after treatment, please inform ECT staff prior to next treatment.
6. Do not drive a car or operate any machinery for 24 hours after treatment.
7. Do not sign any legal documents or make any decisions due to a decrease in mental alertness after treatment.

If you need to cancel or change appointment time, please call 410-938-3485 and talk to the ECT staff.

Hours: 7:45 a.m. - 2:00 p.m. Monday-Wednesday and Friday.

The answering machine is on when the ECT suite is closed, or you may call the Medical Department secretary at 410-938-3476.