

Welcome to the **Epilepsy Monitoring Unit (EMU)**

WHAT IS THE EMU?

The George Washington University Hospital (GW Hospital) EMU is a specialized inpatient unit designed to evaluate, accurately diagnose and ultimately design the best possible treatment plan for seizure disorders using continuous Video EEG and monitoring. Our EMU team can gather data before a seizure starts, while one is occurring, and during recovery. This approach can provide answers about your seizures' characteristics and help doctors identify the type(s) of seizures and other clues that can shape your treatment.

Our EMU team includes The GW Medical Faculty Associates neurologists, neurosurgeons, nurse specialists, EMU technologists, epilepsy fellows, neurology residents, medical students, psychologists, psychiatrists, case managers and social workers to cover all aspects of your life affected by seizures.

GW Hospital's Epilepsy Center meets and exceeds guidelines for both fourth level medical and fourth level surgical epilepsy centers, the highest levels set forth by the National Association of Epilepsy Centers.

The length of time a patient may spend in the unit varies, but can range from three to seven days.

HOW TO SCHEDULE EMU ADMISSION AND TESTING

The following staff members will assist you in scheduling your EMU admission and will be the primary point of contact:

Scheduling Coordinator for EMU Admissions

Jenita Shine, LPN: 202.677.6125

GW Hospital Staff - Epilepsy Monitoring Unit Coordinator

Emmanuel Silva, CNIM, Neurodiagnostics Manager: 202.715.4549

Heather Kennedy, Senior Pre-Service Specialist: 202.715.5679

We are here to provide an excellent experience for you. Please feel free to contact us with any specific questions related to the GW Hospital EMU Admission process, or any concerns you may have.

TO ENSURE A SMOOTH INTAKE PROCESS

A team member will contact you to pre-register the Thursday prior to your admission date.

At that time we will let you know an estimate of any financial obligation you may be responsible for based on your insurance deductible and any coinsurance amount.

Please note, we will make two attempts to reach you, please ensure we have the best number to contact you.

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WHAT TO EXPECT IN THE EMU

When you arrive at the GWH EMU, a staff member will introduce you to the area and a nurse will conduct an admission interview with you. The nurse, a specialist in epilepsy care, will ask about your past and present medical history, as well as your daily routines and lifestyle.

You will have an intravenous (IV) line inserted, which will remain in place throughout your stay. An EEG technologist will explain our recording procedures to you and apply small electrodes to your scalp to monitor your brain waves, using a gel that will help them stick to your skin. The gel has a strong odor, but it will be gone after a short time. The electrode application typically takes one to two hours, and is painless.

During your stay at the EMU, you may have other testing, if indicated - testing which may include an MRI, CT, and neuropsychological testing. In order to provide the most comprehensive care, we may also do social work and educational assessments.

WHAT TO BRING AND AMENITIES

IMPORTANT: Please come in with clean, dry hair. Do not use hair products after washing your hair.

- All rooms are private and comfortable with a flat screen TV
- A valid photo ID
- CPAP or BIPAP will be provided if prescribed for sleep apnea
- Medications you currently take (prescription and non-prescription)
- Personal care items such as toothbrush, toothpaste and toiletries
- Loose comfortable clothing including button down pajamas or zip up tops (no pullovers due to head electrodes.) You need not wear a hospital gown in the unit, but they are available if needed
- Cell phone, tablet, laptop, books, magazines, puzzles, games and craft or hobby projects to help pass the time
- You will be permitted to wash your hair after monitoring is complete and the electrodes are removed. Shampoo will be provided.

WHEN MONITORING IS COMPLETE IN THE EMU - NEXT STEPS

When your monitoring is complete, your doctor and EMU team will review the results and determine if any other tests are necessary.

Following your evaluation, the doctor will discuss the findings with you and your family, explaining whether any additional tests are needed and what treatment option may be recommended to be best for you. The nursing staff will work with you to ensure that you understand your test results and treatment programs. Please be sure to ask any questions you have about any aspect of your diagnosis and treatment.

To request information or schedule an appointment, please call: **202.823.4165**