

Admission to the Epilepsy Monitoring Unit (EMU) For EEG Monitoring 6 Central

Where Should I Go for Admission?

UVA Medical Center is located at 1215 Lee Street in Charlottesville, VA. You will register on the first floor of the Primary Care Center, then proceed to the EEG lab on the ground floor within the Primary Care Center. The EEG lab is where EEG leads and wires will be placed on your head. After the EEG leads are placed on your head, you will be guided to the Admitting Office. Even though your admission is scheduled, you may have to wait a long time in the Admitting Office while your room is being prepared on "6 Central," the central corridor on the 6th floor. Please make sure you do not miss your medication during this time, and feel free to get some lunch from the cafeteria.

When Should I Arrive? Is There Any Preparation to Be Done?

You should arrive at the EEG Lab at least 15 minutes before your scheduled time. Please wash your hair before your admission. Do not apply anything to your hair after washing it. Please take all your regular medications as directed on the day of your admission. Please do not skip or delay your medications.

What Should I Bring with Me?

Bring all your current medications in their original containers and copies of all previous medical records. Once your medications are reviewed, they will be secured for safekeeping and returned to you upon discharge. While you are admitted, please do not take any of your own medications. Instead, allow us to administer them.

Your time will be spent in your hospital room. Bring something to keep you occupied, such as reading material, stitching, puzzles, artwork, or a laptop computer (wireless internet access is available). We have a pedal bike available for use with staff present in the room.

A teacher will visit children in their rooms, so children should bring their homework. You will be allowed to wear your own clothes. Button-down shirts are preferred, but normal T-shirts are okay. You will need assistance from staff when changing outfits. Pack clothes in anticipation of staying the full week. There is a laundry room where staff can take your clothes to be washed.

Will I Have a Private Room in the Hospital?

You will likely not have a private room. We have a very limited number of private beds reserved for behavioral and infectious precautions.

What Are the Visiting Hours? Can Anyone Stay with Me?

So long as it does not impede care, there is no limit on the number of visitors who may come to see you. After 9pm, we ask that only one visitor remain at the bedside. If your referring neurologist requested that a family member be present at all times, we do our best to facilitate access to a sun bench for them to sleep on. If that is not possible, we have recliner chairs at each bedside.

Children are welcome during daylight hours. However, a responsible adult, other than the patient, must be present at all times to care for the child.

Will Meals Be Provided for My Overnight Guest?

The hospital can provide a second meal tray for your guest at no charge. Guests may also bring food from home and store it in our patient refrigerator. Please be aware that space is limited, and anything stored must be taken back within 72 hours per policy.

What Should I Expect to Happen While I Am in the Hospital?

You will be continuously monitored with video and EEG. The purpose of this admission is to capture your typical seizures and determine whether your brainwaves show the events to be epileptic seizures or help determine where seizures arise from in your brain. We may try to provoke your events by decreasing your anti-seizure medication. Please tell us if you know of anything that can cause you to have an event. A staff member will not be able to always remain with you. However, a staff member will view you continuously over camera and will alert the staff when you have an event. Your safety is our priority, and the staff is trained to take care of all seizure emergencies.

Because we try to provoke seizures, we have certain safety guidelines in place. Our aim is to provide you with the most freedom possible during your stay. However, it is important that we all recognize the need to also prevent potential injury from a seizure. You will be required to have at least one staff member with you any time you are walking. Within reason, you are allowed to utilize the bathroom attached to your room, however a staff member will need to remain within arm's length and within your sight. When in your room and no staff member is present then you will either be in the bed or the chair with a safety alarm activated.

The EEG electrodes on your head will attach to a wire that connects to the wall and will need to come with you as you walk around the room. If you are in the hospital for more than three days, then on the fourth day the leads will be removed from your scalp so that you can wash your hair and place new electrode wires. By this point in your stay, it is unlikely that getting in the actual shower will be permitted, but we have shower caps and water basins to wash your hair. You will be allowed to wash daily with a wet washcloth or hygienic wipes. On the day you go home, you might be able to take a shower with a staff member within arm's length, possibly using the shower cap.

How long will I have to stay in the hospital?

The length of your hospital stay depends on how often you have these events. It can range from one overnight stay to a full week. The average length of stay is 3-5 days. On the day of discharge, you will be offered a shower (with staff present) with a present, and we will do our best to have you discharged by 12pm. Please arrange transportation so you can depart by 11 a.m.

What Should I Do If I Cannot Come for the Admission?

If you cannot come in for your EMU Admission, please call the EMU Admissions Scheduler at 434-924-2706 as soon as possible. Admissions are scheduled weeks in advance, so we appreciate advanced notice of cancellations to allow someone else who has been waiting to be admitted to be scheduled.

Whom Should I Contact If I Have More Questions?

If you have scheduling and/or insurance questions, please call the EMU Admissions Scheduler at 434-924-2706. If you have questions about the EMU itself, please call the Epilepsy Monitoring Unit Nurse on 6 Central at 434-924-2101 or the Epilepsy Clinical Program Coordinator at (423) 350-7312.