

The Discharge Process

When your monitoring is complete, your doctor will discuss the findings, treatment options, and follow-up care with you and your family. The nursing staff will work with you to be sure you understand your treatment and discharge instructions. Please be sure to ask any questions you have about your treatment. If you were referred to us from a physician outside of UAB, a letter and any test results will be sent to your doctor. Please give your UAB physician a list of all doctors you would like to receive this information.

If you have questions or concerns related to your hospital admission, please call (205) 934-6418.

UAB Hospital is located at 615 18th Street South, Birmingham, Alabama 35233.

Directions To UAB Hospital

From I-20/59 and I-65 South (From Tuscaloosa, Atlanta, or Huntsville): Exit I-20/59 onto I-65 south. Exit I-65 at 259B (4th Ave. South). Proceed through the intersection of 4th Ave. South and 18th Street. The University Hospital parking deck entrance will be on your right, before you reach 19th Street.

From I-65 North (From Montgomery): Exit onto 8th Ave. South (Exit 259), which is also called University Blvd. Proceed to 18th Street and turn left. Proceed straight for four blocks, then turn right on 4th Ave. South. The University Hospital parking deck entrance will be on your right.

From Highway 31 North and South and Highway 280: From Highway 31 north and south, exit right onto University Blvd., which is also called 8th Ave. South. Proceed to 18th Street and turn right. Go four blocks to

4th Avenue South and turn right. The University Hospital parking deck entrance will be on your right. From Highway 280, merge onto Highway 31 and follow the directions listed above.



Parking fees apply.

Welcome to the UAB Epilepsy Monitoring Unit (EMU)



UAB MEDICINE
NEUROSCIENCES

Knowledge that will change your world

About the Epilepsy Monitoring Unit (EMU)

The EMU evaluates patients who have seizure disorders. Located in the Medical Education Building on M8, our seven-bed unit is equipped with state-of-the-art computer-based monitoring equipment and staffed with specially trained medical, nursing, and technical personnel who monitor patients 24 hours a day.

Amenities

- Private rooms, with a bathroom
- TV, VCR/DVD player
- Sleep space for a friend or family member
- Wireless internet access
- Patient meals are provided
- Access to a refrigerator and microwave at the nurse's station for snacks
- UAB Hospital cafeteria and food court
- Several restaurants within walking distance

Admission

On the day of your admission, you should arrive at the hospital admitting area on the second floor of the North Pavilion at 8:00a.m. Please allow up to one hour for the admitting process, and remember to bring a copy of your insurance card.

What to Expect

The morning of admission, your hair should be clean and free of hair products such as hairspray, styling gel, hair grease, hair extensions, or braids, as these interfere with the electrode placement. It is not necessary to shave your head for this procedure. Please wear button-up blouses or shirts, as they are easier to get on and off and do not require the electrodes to be disconnected. You

also may wear shorts, sweatpants, or pajamas, and hospital gowns are available. You will not be able to shower while the electrodes are attached, but you will be allowed to take a sponge bath every day and change your clothes.

You will be connected to the EEG equipment 24 hours a day. This is necessary to gather all the information needed to make a diagnosis. Smoking is prohibited, and you will not be allowed to leave your hospital room during hospitalization. The EEG restricts your mobility, so you should expect to spend most of your time in bed or a chair. Someone must stay with you for your entire hospitalization. This is for safety reasons and to provide the doctor with the necessary information. No children under the age of 12 are allowed to visit during your hospitalization. Due to choking hazard, no chewing gum, hard candy, snuff, or chewing tobacco is allowed. If you wear dentures, these will have to be removed. The length of stay for each person varies; the average length of stay is three days, but be prepared to stay up to five days. Remember that you are being admitted for the purpose of recording your seizures—therefore your doctor will need to observe several seizures. It is important to report every aura or seizure you experience. You will have a special button at your bedside that should be pressed if you experience an aura or seizure.

What to Bring With You

Please bring shampoo, conditioner, and a comb with you to remove the glue from your hair upon discharge. You are encouraged to bring videos or DVDs, games, books, puzzles, and a laptop to help pass the time. Be sure to bring all of your medications with you and take them as prescribed on the morning of your admission unless otherwise directed by your physician. Your medications will be adjusted—and sometimes stopped—while you are hospitalized. For your safety, all medications will be administered by your nurse throughout your hospitalization.