

The Discharge Process

When your monitoring is complete, your doctor will discuss the findings, treatment options, and followup 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 Ave. 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)



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About the Epilepsy Monitoring Unit (EMU)

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

Amenities

- Private rooms, with a bathroom
- TV
- 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
- Family and friends have access to the UAB Hospital cafeteria and food court for meals. For a fee, family and friends can order a tray via hospital room service. There are also several restaurants within walking distance of the hospital.

Admission

On the day of your admission, you should arrive at the hospital admitting area on the second floor of the North Pavilion. 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 your EMU admission, your hair should be clean and free of hair products such as hairspray, gel, and hair grease. Electrodes will be placed on your scalp and remain in place for the duration of your admission. Hair extensions, braids, and dreadlocks interfere with electrode placement. It is not necessary to shave your head for this admission. Please pack button-up blouses, shirts, or gowns, as these allow you to change clothes while you are being monitored. You may also

wear shorts, lounge pants, or hospital gowns. You cannot shower while the electrodes are attached, but you will be allowed to take a sponge bath every day and change your clothes.

During your admission, you will be connected to the EEG equipment 24 hours a day, in order to record all of the information needed to make a diagnosis. The EEG equipment restricts your mobility, so you should expect to spend most of your time in bed or in a chair. You will not be allowed to leave your hospital room. The length of stay for each person varies; the average length of stay is 3 days. Please be prepared to stay for up to 5 days. No children will be able to spend the night. Smoking is prohibited. No chewing gum, hard candy, snuff, or chewing tobacco is allowed. These items can be a choking hazard in the event of a seizure. If you wear dentures, these will have to be removed.

Remember that you are being admitted for the purpose of recording your seizures. Your doctor will need to observe several seizures. It is important to report every aura or seizure that 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

Be sure to bring all of your home medication bottles with you on the morning of admission. Take your medicines 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. Please bring shampoo, conditioner, and a comb with you to remove the electrode glue from your hair upon discharge. You can also bring games, books, puzzles, and a laptop to help pass the time.