

EPILEPSY MONITORING UNIT INFORMATION SHEET

Your medical team has ordered an inpatient Video/EEG for your child, at Children's Hospital Los Angeles (CHLA) this test is performed in the Epilepsy Monitoring Unit (EMU) located in the Duque building on the 5th floor. Patients are admitted for different lengths of time ranging from 24 hours to 2 weeks, the duration of your child's stay will be determined by your medical team. After your test is ordered you will be contacted by one of the schedulers who will help you choose a date and time for your child's test. It is VERY important you choose your date carefully as it is very difficult to reschedule once the test date has been selected. We ask cancellations only be made if your child is too ill to come (fever, vomiting). If you cancel your admission, we have to obtain a new authorization from your insurance company and then reschedule the visit, this may take up to 3 months.

The EMU is an inpatient unit, your child will be admitted to the hospital for the duration of the study and an adult is required to stay with them throughout the duration of the stay. Please make arrangements for an adult to be with your child throughout the entire admission. A sleeper chair is provided for one adult to use. The sleeper chair only sleeps one adult, please arrange for only one person to stay overnight.

Medications will be provided by the hospital during the admission, however, please bring all medications your child takes with you so we can make sure we provide the same medications and doses. If your child takes a brand name medicine, special herbal supplements or other hard to obtain medications or supplements it is very important that you bring these with you in the original bottles with labels indicating the dose. The hospital only carries generic medications, brand name medicines cannot be given unless they are brought in original bottles with readable labels. Please take all prescribed medications the morning of admission unless you were contacted by an EMU team member and given instructions to change your doses, this will only occur for patients scheduled for an admission 5 days or longer.

Medications may be decreased to help induce seizures if your child is scheduled for a 5 day or longer admission. If medications are tapered an IV will be placed to ensure medications can be provided rapidly should your child have a long seizure or numerous seizures. Our goal is to record typical seizures but it is possible for patients to have seizures that are different from their typical seizures or seizures that last longer than their typical seizures. The EMU has safety measures in place to prevent prolonged seizures in patients, whose medications have been tapered, including: EEG staff monitoring the video/EEG all day and night, specially trained nursing staff, rescue medication ordered and available on the patient's floor and physicians available both within the hospital and on call to help if any questions come up.

Your child will have EEG electrodes applied to their head with a special paste, the electrodes are connected to a small box which is then plugged into our recording equipment by a long cable. The box is placed in a bag your child can carry with him/her so movement around the room is not limited, however, your child will need to remain in their hospital room throughout the entire admission. Video cameras are mounted in the room; your child will be recorded the entire time they are admitted. Others in the room will also be recorded when they come within range of the camera. A TV is available in the room which also has movies and video games but please bring other activities to help entertain your child such as an iPad, laptop, puzzles, board games, cards etc.

A hospital gown is provided, if your child prefers their own clothes keep in mind the electrodes on their head are connected to our equipment with a long cable so they will not be able to put on clothes over their head, button up tops are preferable.

Each room has a bathroom, showers for parents are located on the floor, and patients cannot shower with the EEG electrodes in place. A bedside table is available for doing activities in bed and a chair is also present if your child would prefer to spend some time out of bed. Mats are available to be placed on the floor for young children to play.

If your child is on a special diet you may bring food with you there is a refrigerator on the floor for storage of cold items, however, space is limited. Your child can order what every food they like for their daily meals. A cafeteria is available for parents, or you can order daily meals for \$5 cash. A

Farmers Market takes place at CHLA every Wednesday. There are many restaurants located near the hospital which deliver and a Vons grocery store is within walking distance.

Parking is available in the main visitor parking lot, there are in-and-out privileges for \$10 per day and \$40 + \$5 deposit for a weekly pass, discharge day is free.

Visiting hours are 9AM-9PM. A maximum of 2 parents plus 2 visitors are allowed at any one time. During flu season (November 1st-March 1st) no one under the age of 12 is allowed to visit anyone admitted to the hospital, except breastfeeding infants under 1 year.

Hospital Amenities

- ATM's: Two ATM's are located within the hospital
- Interfaith Chapel and Meditation Room: open 24 hours a day located on the first floor near the Giraffe elevators
- Library: Includes literature on healthcare, fiction and non-fiction
- Free Wi-Fi is available throughout the hospital

For more information visit www.chla.org

SUMMARY:

1. Epilepsy Monitoring Unit (EMU): Inpatient unit located Duque Building 5th floor, all inpatient video/EEG studies are completed here
2. An adult MUST be with your child AT ALL TIMES during the admission, please arrange for ONLY one adult to spend the night
3. No over the head clothes, EEG electrodes are attached to your child's head with paste and attached to the equipment with a long cable, your child will not be able to leave the hospital room during the admission
4. Please bring items to entertain your child: iPad, laptop, puzzles, games etc.
5. Bring ALL medications and herbal supplements in original bottles with readable labels
6. Choose your date carefully, it is VERY difficult to reschedule a video/EEG once a date has been picked, please only cancel if you child is too ill to come
7. Please give your child all medications as scheduled the morning of admission unless an EMU staff member has contacted you the week before admission and given you instructions to change medication doses, only patients admitted for 5 days or longer will have medications changed
8. Your medical team has ordered:

On occasion, a hospital employee may call and give you instructions regarding your admission, please follow the instruction you were given by the EMU scheduler when your appointment was made, disregard any other information. If you have questions concerning your child's admission please call:
