Welcome to HCC-12, the Epilepsy Monitoring Unit at NYU Langone Medical Center. We understand that this can be a stressful time and you may have many questions. We hope this booklet will help answer your questions and make your stay with us a positive one. Please read through the information below and make sure to ask any member of your health care team about any remaining questions or concerns.

We will work with you to meet your needs and carry out your health care goals. We look forward to making your stay on HCC-12 a positive one.

- THE EPILEPSY MONITORING UNIT TEAM
HOW LONG WILL I BE HERE?
You are most likely scheduled to be here for about 3 days. This time may vary depending upon why you are here. Seizures are unpredictable so we will try to cause a seizure as quickly as possible, we never know how long it will actually take to record one.

You may be concerned because your insurance provider approved only a 3 day hospital stay. The insurance companies are aware that this type of hospitalization often needs to be extended because we are waiting for seizures to happen. Most often, insurance companies approve the extension. If there are no ideas or problems, we will be notified and discharged sooner.

We understand that you have many everyday activities, plans, responsibilities and families. Waiting for seizures to happen can sometimes take up a few weeks or more. If you must leave the hospital by a certain day, please let us know as soon as possible. We will do our best to make this happen through this method. If you need to leave the hospital, we will discuss the plan with you every day. We want to make sure your medical needs are met, and to have you on as few medications as possible.

We will not deliberately cause seizures unless you have a specific need to do so.

WHY AM I HERE?
To find out what kind of seizures you are having and what part of the brain they are coming from.

To record seizures we try to cause seizures by:

1. Tired
2. A hot bath or shower
3. Simple leg exercises while you are in bed.
4. Walking short around your rooms.

WHO IS TAKING CARE OF ME?
You will also meet with our unit psychiatrist. The team members include:

Medical student
Recreational Therapist
Patient Care Technicians
Medical staff
Others as needed including psychologists and neuropsychologists.

WHAT HAPPENS WHEN I LEAVE THE HOSPITAL?
It is important that you know how to take care of yourself at home.

Before you leave the hospital we will:

Review any medication changes that will begin after discharge.
Remind you not to suddenly stop taking anti-seizure medications. You should always take your medication exactly how your healthcare provider prescribed it.
We can help to arrange your transportation (such as an Ambulance). It is important that you arrange your transportation as soon as possible. Ask your nurse if you need to speak with the social worker.

WHAT SHOULD I BE READY TO LEAVE THE HOSPITAL?
Be ready to leave the hospital at 10:00 AM.

As mentioned before, we begin planning for the day you leave the hospital early in your hospital stay. We want to make sure that all of your medical needs (medications back to regular doses, seizures regulated, prescriptions written) are taken care of by the time you are discharged. Your doctor will then order an appointment for your discharge. The discharge nurse will call the doctor to set up the appointment.

After the appointment is set up, your doctor will call your insurance company to let them know you will be discharged. Your insurance company will then contact you to schedule an appointment for your discharge. You may receive a call from your insurance company to ask you to set up an appointment for your discharge.

Ask your nurse if you need to speak with the social worker.