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Please follow these instructions carefully.

### **Preparation for Ambulatory (Outpatient) ECT**

1. You must have nothing to eat or drink after midnight the night before treatment. This includes not having any mints, gum, candy, or throat lozenges.
2. Do not drink alcohol for at least 48 hours before your treatment. Alcohol may affect your body's response to the anesthetic.
3. Avoid smoking after midnight the night before treatment, as the carbon monoxide in cigarette smoke reduces the amount of oxygen in your blood, and the nicotine increases your heart rate and blood pressure.
4. Shower and shampoo your hair the night before treatment. Remove makeup, nail polish, dentures, and jewelry.
5. Do not take any medication the morning of your treatment. Please bring a list of your medications with you.
6. If you have a hearing aid, please wear it.
7. DO NOT bring any valuables with you. *\*Please bring a check, credit card or enough cash for your co-pay.*
8. Arrange for transportation. You must have someone (friend/family) pick you up after treatment and drive you home. Please bring their contact information and we will call them to advise of your approximate pick-up time after your treatment. You are NOT to go home in a uber, taxi, or cab.

### **Arriving at the Hospital the Morning of Your Treatment:**

1. Bring current list of medications with you. *\*If applicable, please bring PICC line care Instructions.*
2. Wear short sleeve shirt and comfortable pants.
3. Check in at BryLin Hospital's Customer Service Desk when you arrive. You will be directed to the 4<sup>th</sup> Floor for your ECT treatment. **\*TURN OFF your cell phone. No photography is permitted.**
4. Your blood pressure, pulse, and temperature are taken.
5. You are asked to use the washroom to empty your bladder.
6. Any pre-treatment medications that were ordered for you is given as prescribed.

### **Post-ECT Instructions:**

1. You may experience mild headache, nausea, muscle stiffness, soreness in the neck and jaw area, increased blood pressure or confusion but these should gradually improve.
2. Notify your physician of any problems you may be experiencing after discharge such as severe headache, temperature, redness or swelling to the IV site.
3. Arrange to have supervision by a family member or friend on the day of treatment. In the event of unsteadiness, it is recommended that you have assistance while walking to prevent falls.
4. Do not drive or operate machinery for at least 24 hours following your treatment, unless advised otherwise by your doctor.
5. Do not make any important decisions or sign any important documents until your physician recommends that you can do so.
6. Do not cook without assistance or supervision for 24 hours or longer, if instructed by your physician.
7. Maintain your usual dietary habits and resume your medications unless otherwise instructed.
8. No alcoholic beverages for 24 hours.
9. Do not perform any strenuous activity for 24 hours (gym, etc.)

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***\*Please note: On the day of your scheduled ECT treatment, we may call you to come earlier if there are schedule changes. If you have any questions, need to cancel or reschedule an appointment, please call the ECT department at 886 8200 ext. 2196. Monday-Friday. If we do not speak with you personally, please leave a message on our confidential voice mail and we will return your call.***