

# Electroconvulsive Therapy

## Patient Instructions

### Pre-Procedure Instructions

#### The Day Before Treatment

You may not eat or drink for 8 hours before treatment. You may have small sips of water to take any medications during that time.

The psychiatrist will inform you of any medications you should refrain from taking on the day prior to and/or the morning of your procedure.

The night before treatment, take a shower or bath, making sure to wash your hair. For the procedure, hair must be clean and dry, free of any products.

#### Arrival

You will be informed when to arrive and check in at the front desk for every treatment. While the coordinator attempts to schedule consistent times for each treatment, there will be some variability between treatment days.

Please leave all jewelry and valuables at home. You may leave piercings in place. Hearing aids, glasses/contacts, and removable dentures will be removed immediately prior to the procedure; please bring cases with you.

#### Pre-Treatment

The nurse will assist you in changing into a gown. Please use the bathroom at this time; check with the nurse to see if a urine sample is necessary.

You will be given a PHQ-9 Depression scale to complete prior to every procedure to document your symptoms since your last treatment.

### Post-Procedure Instructions

#### Post-Procedure

Immediately after the procedure, you will recover in the Day Surgery area until you're fully awake. The nurse will remove the IV and you'll change back into your clothes before being discharged home.

Plan to spend the remainder of the day resting. You may resume a normal diet and take your daily medications. Please refrain from drinking alcohol.

#### Transportation & Monitoring

You will need a support person to pick you up after your procedure.

A support person is required to remain with you for 24 hours following your first treatment and for 8 hours following all subsequent treatments.

You may not drive or operate heavy machinery for 24 hours after each treatment.

#### Common Side Effects

Nausea, headache, muscle aches or pains are common side effects. Please make sure to tell the team about these symptoms so that medications may be offered during subsequent treatments.

Mild memory impairment may occur. Typically this makes it harder to recall details of events that happen on the day of treatment. It is recommended you refrain from making major decisions when receiving twice weekly treatments.