

Electroconvulsive Therapy (ECT)

How to prepare for ECT

Arrange for someone to bring you to the hospital and take you home after the treatment.

Arrange for someone to stay with you for 24 hours after the treatment.

Check with your psychiatrist about which medications you are to take and which medications not to take before your treatment.

If you have any questions about the treatment, talk to your psychiatrist. You can also call HealthLinkBC at 8-1-1 (for hearing impaired, call 7-1-1) anytime, day or night.

Before your treatment

Wash and dry your hair the day before your treatment.

The night before your treatment, *do not eat or drink anything after midnight.*

If your psychiatrist told you to take medications the morning of your treatment, take them with a small sip of water only.

Remove:

- all jewellery (if a ring does not come off, we can tape over it to keep it safe)
- all nail polish
- contact lenses

Fifteen (15) minutes before your treatment, go to the bathroom and empty your bladder (go pee). If you have problems controlling your bladder, we suggest you wear an absorbent pad.

After your treatment

For the first 24 hours after the treatment:

- Rest for a few hours and then you can return to your regular activities.
- Take medications as you normally do.
- Eat as you normally do.
- Do not drive.
- Do not drink alcohol.

Are there any side effects?

Following the treatment, you might notice:

- muscle aches or stiffness
- headache
- jaw pain
- confusion
- forgetting things
- feeling sick to your stomach

These usually go away after a few hours.

You can take plain acetaminophen (such as Regular Tylenol) for any aches or pains. To settle your stomach, eat small amounts of food such as soda crackers or dry toast.

When to get help

Call 9-1-1 or ask someone to take you to the nearest Emergency if you have any of the following:

- Problems breathing
- Chest pain
- Shoulder or arm pain
- Really bad headache
- Pass out (faint)
- Sudden weakness or numbness
- Problems speaking or understanding
- Really bad mouth, jaw, or tooth pain

Name: _____

Next Scheduled Treatment Date: _____ Time: _____

Location of treatment:

St. Paul's Hospital
 Surgical Day Care
 3rd Floor, Providence Building
 1081 Burrard Street
 Vancouver, BC
 604-806-2275

Mount Saint Joseph Hospital
 ECT Clinic
 1 South (Kingsway entrance)
 3080 Prince Edward Street
 Vancouver, BC
 604-877-8142

- Arrive at Surgical Day Care at 6:45 in the morning, unless you have been told a different time.
- You are usually ready to leave between 9:00 and 10:00 in the morning.

- Arrive at 1 South at 7:00 in the morning, unless you have been told a different time.
- You are usually ready to leave between 9:00 and 10:00 in the morning.

Additional information:

For patients coming from another facility

Facility staff to complete the following:

- Patient has been NPO after midnight. Yes No Initial _____
- Were the following medications held the night before to ECT? Yes No Initial _____

- Were the following medications given the morning of treatment with sips of water only?
 _____ Yes No Initial _____
- Send copies of MAR and progress notes with the patient.
- Send time sensitive medications (labeled by the pharmacy) with the patient. These will be given by the ECT nurse. (MSJ only)
- On return to the facility, give regular medications, with the exception of time-sensitive medications.

The information in this document is intended solely for the person to whom it was given by the health care team.