



## ECT INSTRUCTIONS

### YOUR ECT TREATMENT:

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Arrive at: \_\_\_\_\_

**WHERE:** Ascension Saint Thomas Behavioral Health Hospital  
300 Great Circle Road  
Nashville, TN 37228

**IF YOU NEED TO CANCEL OR RESCHEDULE, PLEASE CALL:** (615) 813-1880, ext. 575

### BEFORE ECT — WHAT DO I NEED TO KNOW?

- Have a responsible adult drive you to & from ECT.
- Don't wear hair spray or lotion, makeup, nail polish or jewelry to treatment.
- If you are pregnant, may be pregnant or plan to get pregnant, let the ECT doctor or nurse know.
- Take a famotidine (Pepcid) 20 mg tablet the night before & morning of your treatment *if recommended by your ECT doctor*.
- Do NOT take benzodiazepines (such as lorazepam & clonazepam) after 5:00PM the evening before your treatment, nor the morning of your treatment, *unless instructed otherwise by your ECT doctor*.

**You can take these daily medicines before your ECT *unless instructed otherwise by your ECT doctor*:**

- Blood pressure medicine, except diuretics like hydrochlorothiazide (HCTZ)
- Heartburn medicine, except Carafate, Mylanta & liquids
- Asthma or COPD medicine
- Glaucoma medicine
- Thyroid medicine



## ECT INSTRUCTIONS (CONT.)

### AFTER ECT — WHAT DO I NEED TO KNOW?

- You may have trouble thinking clearly for the first few hours.
- You may be very tired. Rest as needed.
- You may feel dizzy when standing up. Stand slowly.
- Take your medicines as you always do, if not taken before ECT.
- You may take what you usually take for headaches *or* muscle aches.
- Be as active as you feel you can be.
- Have a responsible adult with you to help.

**After Index ECT — Do NOT do the following until one (1) week after your last treatment *unless instructed otherwise by your ECT doctor.***

- Do not drive or use heavy machines.
- Do not return to work.

**After Maintenance ECT — Do NOT do the following for 24 hours *unless instructed otherwise by your ECT doctor.***

- Do not drive or use heavy machines.
- Do not return to work.

*I have been given information on electroconvulsive therapy (ECT) and told what to do before and after ECT.*

*I have asked questions about my treatment. My ECT doctor or nurse has answered them all. I know I can ask questions and talk about my concerns with my ECT doctor and my care team at any time.*

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|-------------------------------|------------------------------|
| Responsible Party Print Name: | Responsible Party Signature: |
| Date:                         | Time:                        |