

ECT INSTRUCTIONS

You will receive a call from **512-215-3900** from our ECT Treatment Team to schedule your first ECT treatment once all prerequisite information and insurance approval has been received. Treatments will begin at 3 times per week (Monday, Wednesday, Friday) starting at 7AM - 1PM. Patients should expect to be at the ECT treatment suite for a total duration of 1-2 hours and will need a ride home after treatment. Please arrive 30 minutes prior to your scheduled appointment. Please contact us if you are running late or are unable to make your scheduled appointment.

WHERE: Cross Creek Hospital
8402 Cross Park Dr., Austin, TX 78754



BEFORE ECT — WHAT DO I NEED TO KNOW?

- ❖ Have a responsible adult drive you to & from ECT.
- ❖ **Nothing to eat or drink after midnight nights prior to ECT** (a small sip of water with morning medications is okay)
- ❖ 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.
- ❖ 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:
- ❖ Do NOT take **anticonvulsant medications** nights prior to or mornings of ECT
(**Lamotrigine, Depakote, Keppra**)
- ❖ Do NOT take **Lithium** night prior to or mornings of ECT
- ❖ Alert treatment team if you are taking a **GLP-1 Agonist** like **Ozempic or Wegovy** as these medications may need to be adjusted to improve the safety of your treatment
- ❖ Continue to take other medications as usually prescribed prior to ECT
 - Blood pressure medicines
 - Heartburn medicine, except Carafate, Mylanta & liquids
 - Asthma or COPD medicine
 - Glaucoma medicine
 - Thyroid medicine

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.
- ❖ **Do not drive** or use heavy machines.

Please feel free to contact us at **(512) 956-5077 (Cross Creek)** or **(512) 324-3380 (Ascension)** or email us at ect@ascension.org with any questions or concerns.

Thank you,
-The ECT Team