

ECT INSTRUCTIONS

You will receive a call from **512-324-2034** 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: Ascension Seton Medical Center Austin:

North Entrance: Surgery Check-In

1201 W 38th Street Austin, Texas 78705

Complimentary Valet Parking available at North Entrance



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 Lithium** nights prior to ECT
- ❖ **Inform the ECT team if you are taking GLP-1 medications like Ozempic**
- ❖ Continue to take other medications as usually prescribed prior to ECT
 - Blood pressure medicine other than ACEs or ARBs
 - 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.
- ❖ Do not return to work.

Please feel free to contact us at [**\(512\) 324-2034**](tel:5123242034) or email us at [**ECT@Ascension.org**](mailto:ECT@Ascension.org) with any questions or concerns.

Thank you,

-The ECT Team