

Getting Ready For Electroconvulsive Therapy (ECT)

Before Your ECT Treatments

See Your Primary Care Doctor

After your appointment with us, please schedule an appointment with your primary care doctor. Your primary care doctor will make sure it's safe for you to be under anesthesia, which is part of ECT.

- Ask your doctor to give us the following information:
 - An EKG (electrocardiogram)
 - Liver function lab test
 - Chem 10 lab test
 - CBC (complete blood count) lab test
 - TSH (thyroid-stimulating hormone) lab test
 - A completed history and physical, including a review of systems (a medical history based on the different systems in your body, like your respiratory or immune systems)
- Be sure to tell your doctor about **all** the medicine you take. This includes herbal medications, vitamins and supplements, inhalers, and over the counter medicines.
- Have your doctor's office fax us all of this information. Our fax number is 505-272-9843.
- We will give this information to our pre-anesthesia department. They'll decide if it's safe for you to have anesthesia.

Talk To Your Psychiatrist

Some medicines aren't safe to take while you're getting ECT. Talk to your psychiatrist about how to safely change the medicine you're taking.

Scheduling ECT Treatments

We'll call you to tell you when you can start ECT treatments. You will begin ECT when we have space in our schedule.

Most people get ECT treatments 3 times a week for about 4 weeks. Patients usually feel a difference after about 6 to 8 treatments. We'll help you choose the treatment plan that is best for you.

Questions? Call Us!

Our office (regular business hours):
505-272-0406

On the day of your session, you can call:
505-925-0204

Our fax number:
505-272-9843

Our address:

OSIS (Outpatient Surgery and Imaging Services)

1213 University Boulevard NE

Albuquerque, NM 87102



On The Day Of Your Treatment

- ✗ 8 hours before you get ECT, stop eating and drinking anything except water and black coffee (no cream or sugar).
- ✗ 2 hours before ECT, stop drinking.
- ✗ **Do not** wear any lotion, oil, cologne, perfume, make-up, or colored nail polish.
- ☑ Wear comfortable, loose clothing.
- ☑ Plan to have someone drive you to and from your ECT treatment.
- ☑ Your driver should stay at our office while you get your ECT. This means they cannot drop you off and come back to pick you up. ECT takes about 2 hours.

After your treatment

- You will be under anesthesia (asleep) during your treatment. You'll wake up 3-5 minutes after your ECT is over.
- After you wake up, we'll put you in recovery for about an hour. A PACU (Post Anesthesia Care Unit) nurse will stay with you.
- It's important that you stay in recovery until your nurse says it's safe for you to go home.
- ✗ Do not drive for 24 hours after your ECT treatment.

Questions? Call Us!

You can ask your doctor or your ECT treatment team questions any time during or after your ECT course.

- Call our office at 505-272-0406.
- If you need to talk to us on the day of your ECT, call 505-925-0204.



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Stop drinking 2 hours before you get ECT.