Comprehensive evaluation

Admission to the Epilepsy Monitoring Unit at Northern Dutchess Hospital can lead to a comprehensive evaluation of your seizure disorder.

We offer specialized video recording/EEG equipment that is not available at many hospitals. Our team of EEG technologists and nurses is experienced in caring for people with seizures, and our teams have advanced training in EEG interpretation and epilepsy treatment. We are committed to providing you with excellent, compassionate diagnostic care that may lead to more effective treatment for your seizures.

Make an appointment

An office appointment with one of our physicians is required prior to EMU monitoring. We offer appointments for adults and adolescents age 18 and older.

To make an appointment, call: 845.331.5165
TTY/Accessibility: 800.421.1220

Insurance coverage

We will arrange for pre-authorization for admission. Please be sure to check your benefits with your insurance company so that you will know which charges are not covered by your insurance, as you will be responsible for those charges. If necessary, our billing office can help you make arrangements for payment.
Understanding your seizures

If you have epilepsy, the best treatment decisions can be made if your physician understands what type of seizures you experience and where they start in your brain. Because a traditional EEG only lasts about 30 minutes, it gives a snapshot of the brain’s activity during that particular recording period. This may not provide enough information to treat your seizures adequately.

The Epilepsy Monitoring Unit (EMU) at Northern Dutchess Hospital is led by a healthcare team that specializes in caring for people with seizure disorders and epilepsy. You may be admitted to the EMU for specialized EEG testing called video EEG (VEEG) monitoring, which records your behavior and your brain’s electrical activity during a seizure. Continuous VEEG monitoring provides a more comprehensive picture of your brain activity than a traditional EEG.

During your stay in the EMU, your anti-epileptic medications may be slowly reduced or discontinued in order to trigger your typical events in a safe, continuously monitored clinical environment. These episodes are recorded two ways:

- Via digital video. A camera will record all of your physical activity.
- Via EEG recording. Continuous EEG recording will detect any electrical seizure activity in your brain, helping us to determine important information about where in the brain the seizure originates and how your brain functions between seizures.

Upon arrival, you will have EEG electrodes applied to your scalp and a video camera will record your activity. We will decrease your seizure medications beginning on the day of admission, and anti-epileptic medication may be stopped over the next several days if seizures do not occur. An IV will be placed in one of your veins that will enable us to administer medicine quickly if you have multiple seizures or one very prolonged seizure.

At the side of your bed, you will have a nurse call button and an event button. If you have any warning that you are about to have a seizure, you will push the event button. The side rails of your bed and the hospital room floor are padded to help prevent injury during a seizure. When you have a seizure, the EMU nurse will enter your room and ensure you are safe.

You will be seen daily by an epilepsy specialist. This physician will discuss your history, your care plan and your progress during each visit.

Comfort and privacy

You will have a private room with a phone, cable TV and guest bed. Visitors are welcome, and one adult may stay with you overnight in your room (a second guest bed will be provided).

You may wear your own loose, comfortable clothing, but in order to keep the electrodes in place, tops must button down the front for easy removal and should not have to be pulled over your head. We can provide a hospital gown if you prefer.

Thorough analysis

On the day of discharge, your test results will be reviewed with you and your family. If you normally see one of our doctors, you will be given a follow-up appointment at the time of your discharge. If another doctor referred you to us, he or she will receive a written report of your test results.

Meet your provider

Amber Mitchell, MD
HQMP Director, Epilepsy Monitoring Unit at Northern Dutchess Hospital