

# Key Takeaways:

## What to Expect at an EMU Stay?

**A guide for individuals with epilepsy on how to prepare, and what to expect during and after an EMU stay.**

- **Preparation Is Key:** Adequate preparation before entering the Epilepsy Monitoring Unit (EMU) is crucial for a successful experience.
- **Understanding the Monitoring process,** which helps diagnose and manage epilepsy
- **Open Communication:** Maintaining open and honest communication with the medical team is essential to address any concerns or questions about the process.
- **Mobility and Comfort:** Be prepared for some restrictions on mobility and understand the importance of staying within the range of monitoring equipment.
- **A positive attitude can greatly enhance the EMU experience,** as it helps patients cope with the challenges of the stay.
- **Post-EMU Review:** After the EMU stay, patients can expect a comprehensive review of results and personalized treatment recommendations to better manage their epilepsy.

To obtain access to the recorded webinar, please visit: :

<https://youtu.be/eYXUF-7pV3c>

### Collaborators:



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