

What happens after my treatment session?

Once you have completely recovered from the anaesthetic which is administered as part of your treatment, you will move into the rest room where you will be provided with a drink and some breakfast. You will usually be in the department after treatment for at least an hour. The doctors and nurse will decide when you are well enough to leave the ECT suite.

Once the doctors and nurse confirm you can leave the ECT suite, your friend/relative who has attended the appointment with you will be required to accompany you home. You will need to ensure that there is someone able to be at home with you for 24 hours after treatment. If this isn't possible, please contact the department who may be able to assist.

You will also need to agree not to:

- Drink alcohol for at least 24 hours after treatment, or until you have been told it's ok.
- Not sign any legal documents for at least 24 hours after treatment, or until you have been told it's ok.
- Drive during the course of your treatment, or until your psychiatrist has told you it's ok.

Training for Staff and Students

Within our ECT suite we offer placements and training for staff and students, to help them develop an understanding of ECT and develop the skills required for the delivery of the ECT service. All training that takes place is supervised by a qualified staff member.

Please speak to a member of staff if you wish to discuss this further.

Who can I contact for more information?

If you have any further queries, please contact:

0121 301 2096

This phone line is monitored between 7am & 1pm, Tuesdays and Fridays. At any other time, please leave an answerphone message and one of our team will get back to you.

Feedback & Complaints

We welcome any feedback about your experience of attending the ECT suite which can help us to understand what we are doing well, and what we could do better.

When you attend for your treatment, please ask our staff for our 'Friends and Family form' which you can complete with your feedback and return to us.

To raise any concerns or complaints, please contact the department to try to resolve these.

If these are not resolved, please contact BSMHFT PALS team, Monday to Friday 8am-6pm (excluding bank holidays):

Tel: 0800 953 0045

Text: 07985 883 509

Email: bsmhft.customerrelations@nhs.net

Other Useful Information:

Mind: mind.org.uk

Royal College of Psychiatrists: rcpsych.ac.uk

National Institute for Health and Care Excellence: nice.org.uk

ECT Accreditation Service (ECTAS): ectas.org.uk



Electroconvulsive Therapy (ECT)



ECT Suite,
Oleaster,
6 Mindelsohn
Crescent,
Birmingham,
B15 2SY



Contact: 0121 301 2096

What is Electroconvulsive Therapy (ECT)?

Electroconvulsive therapy, or ECT for short, is a treatment that involves sending an electrical stimulation across your brain, causing a brief surge of electrical activity within your brain (also known as a seizure). The aim of the treatment is to relieve the symptoms of some severe mental health problems such as depression.

ECT is given under a brief general anaesthetic, so you aren't awake during the treatment but you will be looked after by a team of doctors and nurses.

For more information on ECT please look at the **'What is ECT (RPsych)'** leaflet which you will have been provided with.

What do I need to before attending for my ECT appointment?

- We understand that you may have questions about your ECT appointment and we would like to help to answer these. Therefore, please contact the ECT department to arrange a pre-appointment telephone call or visit.
- The date and time for you to attend for ECT should have been pre-agreed with you. If you need to rearrange this pre-agreed appointment, please contact us.
- If you need an interpreter, please contact us before the scan so that we can arrange one.
- You will be having a general anaesthetic as part of your appointment. Therefore, you must not have anything to eat or drink from 12:00am on the morning of the treatment.
- You should not travel to your appointment unaccompanied. Travel can be arranged for you if required, but you must organise to have a responsible adult to escort you to and from the clinic and care for you for at least 24 hours after the treatment.

Where do I go on the day of my appointment?

The ECT Suite is based at the Oleaster, 6 Mindelsohn Crescent, Birmingham, B15 2SY.



A pay & display car park is available on site, or there are public transport options via bus & train.

May I bring a relative or friend?

You will need to have someone with you to accompany you home, as it's important that you aren't alone when leaving the hospital. Please do bring a relative or friend with you and they will be able to sit in the waiting area whilst you have your treatment.

What should I wear?

It is helpful if you wear a short-sleeved t-shirt and loose clothing. You will not need to change for your ECT procedure.

Please remove any makeup or nail varnish before treatment, remove any piercings and make sure your hair is clean and free of styling products and hair slides/grips. You should leave any excess jewellery at home.

If you wear contact lenses, or have dentures, you will be asked to remove these before ECT commences. Therefore, please bring a suitable container in which to store these in.

What happens when I arrive?

When you arrive, you will be greeted by one of the ECT nurses. You may be asked to wait a short while in the waiting area, until the doctors are ready for you. There may be other patients and their relatives/escorts also waiting. You will then be shown into the pre-treatment room where ECT staff will help get you ready for your treatment. The Consultant Psychiatrist and Anaesthetist will introduce themselves and may ask you additional questions.

Any dentures, spectacles and hearing aids will be removed at the last minute possible. Once the doctors have checked your notes and are ready, you will be taken into the treatment room.

What is the ECT Clinic like?

The purpose built ECT clinic at the Oleaster has:

- A comfortable waiting area
- A treatment room, which has all the equipment required for monitoring and for resuscitation in an emergency, as well as the ECT machine
- A recovery room
- A post treatment care room with a breakfast facility



Waiting Room

Treatment Room

Recovery Room