

Ward 33
NUH Main Building, Zone G, Level 3
DID: (65) 6772 4120

My ECT Dates

ECT #1: _____

ECT #2: _____

ECT #3: _____

Reviewed by: _____

Date: _____

ECT #4: _____

ECT #5: _____

ECT #6: _____

Reviewed by: _____

Date: _____

ECT #7: _____

ECT #8: _____

ECT #9: _____

Reviewed by: _____

Date: _____

ECT #10: _____

ECT #11: _____

ECT #12: _____

Reviewed by: _____

Date: _____

Ward 33
Zone G



**Electroconvulsive
 Therapy
 (ECT)**

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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National University Hospital
 5 Lower Kent Ridge Road, Singapore 119074
 Tel: (65) 6908 2222
 Website: www.nuh.com.sg
 Company Registration Number: 198500843R

What is ECT?

ECT is a procedure, done under General Anaesthesia (GA), in which small electrical currents are passed through the brain, inducing a therapeutic seizure. The ECT causes changes in the brain biochemistry that can quickly reduce the symptoms of severe mental illness.

How is it done?

You are required to first register and go through a screening at Ward 33. You will then be transferred to the Major Operating Theatre (MOT) as the ECT will be performed at the MOT recovery area by a psychiatrist together with an anaesthetist who will be administering the GA. Although the therapeutic seizure itself will last for about a minute, you will be placed under observation for a period of six hours to ensure that you are fit for discharge.

A course of ECT usually takes 6 to 12 treatment sessions. At times, you may need to undergo maintenance ECT upon discussion with your doctors.

ECT is performed on **Mondays, Wednesdays and Fridays** and a course may take from **two to six weeks** to complete.

Medication to omit the night before and on the day of an ECT session:

What are the possible side effects?

ECT is generally a safe procedure. However, there may be some possible side effects, including:

- **Confusion:** Immediately after the treatment, you may experience temporary confusion that can last for a few minutes to several hours.
- **Memory loss:** Some people have trouble remembering events after the ECT for up to 6 weeks. In very rare cases, they may experience memory loss for up to a few years before the ECT.
- **Physical side effects:** Headache, jaw pain or muscle ache may occur.
- **Medical complications:** As with any type of medical procedure, there are risks of medical complications especially if you have pre-existing medical conditions. Your psychiatrist will help to screen for these prior to performing the ECT. While ECT is generally a safe procedure, the chances of death are usually quoted at 1 per 10,000 patients or 0.01%.

Acknowledgement by patient

I have read and understood the information provided by the healthcare professional.

Name: _____

NRIC: _____

Signature & Date: _____

What do I need to do to prepare for ECT?

Prior to your first ECT:

- Provide your informed consent for ECT.
- Complete the financial counselling at the Neuroscience clinic.
- Complete the medical screening with the psychiatrist.
- To see the anaesthetist for pre-operative assessment at the Anaesthetic Outpatient Consultation Clinic (AOCC) at the Medical Centre, Level 16, if required.

The night before an ECT session:

- A staff from Ward 33 will give you a call the day before your session to confirm your attendance. Please call and inform them at 6772 4120 if you are unable to attend the session due to any reasons. If you miss two consecutive sessions, you will be required to return to the clinic to reschedule your subsequent sessions.
- You need to fast from 12 midnight the day before an ECT session.
- Remove your rings and metal jewellery for safekeeping at home.

On the day of an ECT session:

- You may take your medication, if any, with a sip of water, unless indicated otherwise by the doctor.
- Proceed to Ward 33 by 7am. Late arrivals may result in the cancellation of the ECT.

Note to patient:

You can only be discharged under the care of a responsible adult after ECT. Please do not drive for 24 hours after the procedure.

Signature & Date: _____