

DO TREATMENTS HURT?

As you are unconscious or asleep during ECT, you will feel nothing. The only thing you will feel will be the needle “stick” for the placement of the IV catheter before your treatment. After ECT, you may experience some common side effects including headache, muscle aches, drowsiness, confusion or nausea. These side effects may last up to a few hours following your treatment but are not cause for alarm or concern.

DOES ECT CAUSE BRAIN DAMAGE OR MEMORY PROBLEMS?

There is no evidence that ECT causes brain damage. Research has indicated that some confusion and memory problems may be a side effect for some people, but it is usually limited to events shortly before, during or a short time after ECT. There is no evidence of any permanent change in overall memory ability.

Spravato® for treatment-resistant depression is also now available at Carrier. Here are four things to know:

Spravato® is a New Option When Antidepressants Aren't Enough

- Spravato® is a prescription nasal spray designed for adults with depression who have tried other antidepressant medications without success.

Experience Rapid Relief from Depressive Symptoms

- By working in a different way than most oral antidepressants or ECT, Spravato® may help lift the symptoms of depression more quickly.

Urgent Help for Those Who Need it Most

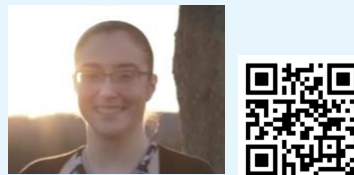
- Spravato® is also approved to treat depressive symptoms in adults with major depressive disorder who are having suicidal thoughts or have recently attempted suicide, providing a new option for those in acute distress.

Administered Safely in Our Certified Center

- Your treatment is a simple nasal spray given under the care and supervision of our medical team. This ensures your safety and comfort throughout the process as you begin your journey toward feeling better.



Scan the QR code to hear Caroline's Story:
[How ECT Saved My Life](#)



CONTACT US

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Scan the QR code for more information.



 **Hackensack Meridian
Carrier Clinic**

HackensackMeridianHealth.org

BREAKTHROUGH SOLUTIONS FOR TREATMENT-RESISTANT MENTAL AND BEHAVIORAL HEALTH CONDITIONS

*Explore Electroconvulsive Therapy (ECT)
and Spravato® as Proven Paths to Relief*



 **Hackensack Meridian
Carrier Clinic**

ABOUT ELECTROCONVULSIVE THERAPY (ECT)

Electroconvulsive therapy, often called ECT, is the most effective treatment for severe mental illness and is extremely safe. It can provide hope, rapid improvement, and a better quality of life for individuals experiencing persistent symptoms from medical and psychiatric conditions and diagnoses, including: severe or treatment resistant depression; severe mania; psychosis; bipolar disorder; catatonia; high suicide risk; parkinson's disease; and, other neurological conditions.

ABOUT SPRAVATO® (ESKETAMINE)

Spravato®, the only FDA-approved nasal spray for adults with treatment-resistant depression, reduces depression symptoms when two or more antidepressants haven't worked. This is a prescription medicine used with or without antidepressant and taken by mouth to treat: adults with treatment resistant depression; or, depressive symptoms with major depressive disorder (MDD) with suicidal thoughts or actions.



ECT AT CARRIER CLINIC

For more than 50 years, Hackensack Meridian Carrier Clinic has been a pioneer in providing this safe, effective and medically-proven treatment option. We are the largest and most experienced provider of ECT services on the East Coast.

ECT is performed by a team of medical professionals specifically trained in the delivery of ECT. Our anesthesiologist ensures the delivery of safe and effective ECT. ECT nurses' roles include evaluating symptoms during the ECT course and providing recovery care. Team psychiatrists conduct ECT consultations with patients, and administer ECT with the anesthesiology team. Nursing staff and psychiatrists track your progress. During each treatment, our team members are involved in every aspect of the treatment day activities including pretreatment assessments/monitoring of your symptoms, conducting ECT, and recovery from anesthesia.

HOW MANY TREATMENTS ARE NEEDED?

This is a decision made by your doctor and is based on your individual needs and response to ECT. A course of ECT normally ranges from six to twelve treatments. Your ECT care providers will monitor your response to the treatments and use this information as well as your feedback to determine how many treatments you will receive

WHAT HAPPENS DURING A TREATMENT?

You will be escorted to the IV room and assisted onto a stretcher. An intravenous catheter will be placed in your hand or arm by the ECT nurse. This will allow the anesthesiologist to administer sleeping medication (anesthesia) prior to your treatment and will remain in place until you are fully awake and ready to be discharged from the recovery room.

In the treatment area the nurse and psychiatrist will set up the equipment for your treatment. This will include electrodes to monitor your EEG (brain waves) and EKG (heart rhythm). Your blood pressure, pulse and blood oxygen levels will also be monitored. The anesthesiologist will then give you two medications for your ECT: a general anesthetic, which will put you to sleep, and a muscle relaxant to lessen muscle activity.

After you are asleep, the psychiatrist will administer your ECT treatment. During your treatment, which usually lasts less than a minute, your body will not move except for some muscle twitching and jaw clenching. A disposable bite block is used to prevent any damage to your teeth and the inside of your mouth. You will also be receiving oxygen during and after your treatment. The treatment process should last about 10-15 minutes total.

You will then be taken to the recovery area, where you will wake up shortly after. The nurse will remove your oxygen cannula, check vital signs, and ask you questions to monitor your level of alertness and cognition. You should not drive or operate hazardous machinery on ECT days.

