





ELECTROCONVULSIVE THERAPY (ECT)

*A Safe and Effective Form of Neuromodulation
for Treatment-Resistant Conditions*

ABOUT ELECTROCONVULSIVE THERAPY

Electroconvulsive Therapy (ECT) is a safe and effective medical treatment. ECT 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 depression
- Treatment resistant depression
- Severe mania
- Psychosis
- Bipolar disorder
- Catatonia
- High suicide risk
- Parkinson's disease
- Other neurological conditions

ECT has greatly advanced over the years and today, more than 80% of patients respond favorably, making it the most effective treatment option for clinical depression. The ECT Program at Hackensack Meridian Carrier Behavioral Health at Raritan Bay Medical Center is comprised of an expert clinical team to provide patients with an individualized approach to ensure the best possible outcomes.

We offer services on inpatient and outpatient basis.

NEU-7103-03.24-CS

CONTACT US

ECT is one of the services offered at Carrier Behavioral Health at Raritan Bay Medical Center, located in Perth Amboy, New Jersey. We are committed to providing behavioral health care to each patient in the most appropriate and supportive setting.

**530 New Brunswick Avenue
Perth Amboy, NJ 08801
732-324-5339**

Scan the QR code for more information
on our services.



**Hackensack Meridian
Carrier Behavioral Health
at Raritan Bay Medical Center**

HackensackMeridianHealth.org/HealthyMind



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ABOUT THE PROCEDURE

During an ECT session, a small electrical current is sent to the brain. This current stimulates and corrects imbalances in areas responsible for sleep, appetite, mood, and thought processes.

An ECT treatment series usually consists of 6 to 12 treatments, given up to three times per week. The treating psychiatrist monitors patient response and mood to determine the exact number of treatments that are best suited for each patient.

PRIOR TO THE PROCEDURE

Prior to the procedure, our team consults with a patient's primary care physician to assess their medical condition and ensure they are a qualified candidate. The physician will examine and review their medical history and perform blood tests and an electrocardiogram (EKG) to check their heart condition. These tests also help the doctor make sure there is no other medical problem causing a patient's psychiatric symptoms.

Prior to scheduling an ECT session, the treating psychiatrist will meet with the patient for initial consultation and individualized treatment planning.



PREPARING FOR THE PROCEDURE

Patients should not eat or drink anything after midnight the night before treatment. In addition, patients should arrange for transportation as it is recommended that the patient not drive on the day of each ECT treatment.

DURING THE PROCEDURE

Generally, the ECT procedure takes about 10 to 15 minutes, with added time for preparation and recovery. It may be performed as part of an inpatient hospitalization or an outpatient procedure.

Patients will be asleep during the treatment and closely monitored throughout the procedure by an ECT physician, a board certified anesthesiologist and a specially trained Registered Nurse.

Patients who undergo ECT experience no pain or discomfort during the procedure as it is administered under general anesthesia. The procedures are conducted in a safe and controlled setting and specifically tailored to meet individual patient needs. This allows for the achievement of maximum benefits with the fewest possible risks. As with all medical treatments, there are potential side effects that some patients may experience. These may include minor headaches, nausea, muscle aches, jaw pain and temporary memory loss. If experienced, these can usually be treated with common medications and generally resolve within a short period of time.

AFTER THE PROCEDURE

Some patients begin to feel better after two to four treatments and experience the full benefit later in the treatment course. ECT is most effective for patients who receive the full course.

Once symptoms resolve, ongoing treatment, known as maintenance therapy, is recommended to prevent a recurrence of symptoms.

Maintenance therapy may include occasional ECT treatments, but more often, it includes psychological counseling, antidepressants, other medications, or alternative wellness strategies.

For more information about the ECT service, please call the Hackensack Meridian Carrier Behavioral Health at Raritan Bay Medical Center Behavioral Health Department at **732-324-5339**.

