

wClinic Hours

Monday, Wednesday, and Friday
7:30a.m. to 3:30p.m.

Location

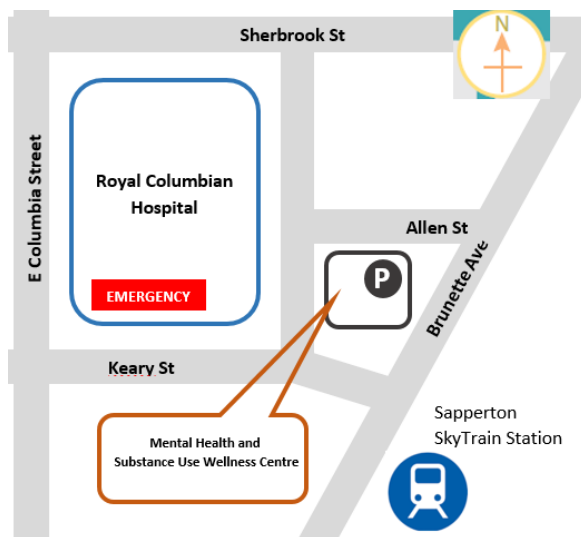
Mental Health and Substance Use
Wellness Centre
330 E. Columbia Street
New Westminster, BC

Take the public access elevators from
the parkade to Level 1.

The ECT Neurostimulation Clinic is
located within the Outpatient Clinic.

Parking

The MHSU Wellness Centre has paid
underground parking located off Allen
Street.



We welcome your comments.

Please speak with the ECT nurse if you
have any questions.

Contact us

Outpatient Psychiatry Clinic:
604-527-4662

ECT Nurse:
604-527-2903

www.fraserhealth.ca

This information does not replace the advice given
to you by your health care provider.

Catalogue # 267979 (May 2023)
To order: patienteduc@fraserhealth.ca

Neurostimulation Clinic

Royal Columbian Hospital

**Mental Health
and Substance Use
Wellness Centre**



Pixabay/Openicons

What to expect on the day of
Electroconvulsive Therapy (ECT)
treatment



No. Do not eat any solid foods after 12:00a.m. (midnight) if your treatment is scheduled in the morning.

Clear fluids include:

- water
- cranberry juice
- tea without milk or cream
- black coffee without milk or cream
- apple juice (no pulp)

Do not drink citrus juices such as orange juice or lemonade, carbonated beverages or dairy products after midnight.

Do not smoke, chew gum (including nicotine gum), or suck on lozenges, cough drops or hard candies after midnight.

Yes. If your treatment is later in the day, you can have a light breakfast of un buttered toast and jam **6 hours before** your treatment.

No dairy products, high protein and high fat foods, such as milk, cream, yogurt, eggs, bacon, porridge, butter and peanut butter, etc.

If you have any questions about fasting for your treatment, please call the ECT nurse at the Royal Columbian Hospital Neurostimulation Clinic.

Please arrive at the registration time we gave you. Treatments are usually 1 to 2 hours long and include:

- Patient preparation
- Treatment
- Recovery

Please note: sometimes there are delays that we cannot control. We recommend bringing a book or magazine from home to help pass the time if this happens.

Fraser Health Guest WIFI is also available for those who want to use their phone or tablet.

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