



# Sibley

Sibley Memorial Hospital  
Grand Oaks  
The Sibley Renaissance

7 West Psychiatric Unit  
5255 Loughboro Road, NW  
Washington, DC 20016  
Phone: (202) 537-4770  
Fax: (202) 537-4737

Dear Patient and Family:

Patients undergoing ECT must meet the same requirements as any patient requiring general anesthesia during treatment or intervention. Requirements are identified below:

<b>Under age 40</b>	<b>History and physical Cardiac clearance</b>
<b>Age 40-49</b>	<b>History and physical Cardiac clearance Hemogram, Serum Potassium</b>
<b>Age 50 and above</b>	<b>History and physical Cardiac clearance Hemogram, Serum Potassium, EKG</b>

The results of these tests, the history and physical exam, and the cardiac clearance must be available and on the patient's chart before the first treatment is initiated and must be updated every six months. A history and physical form has been included for your cardiologist's convenience. You must make arrangements to have these requirements completed with the cardiologist. The cardiologist's note should indicate that you are free of cardiovascular disease or include cardiac diagnosis and your current medications. The note should state that there is no contraindication to ECT.

The fax number on 7 West is (202) 537-4737.

Thank you in advance for your cooperation.

Sincerely,

Carl L. Sylvester, MD  
Chairman, Department of Anesthesia