



Ambulatory EEG

Your provider has requested that you undergo a test called an ambulatory EEG. It is our pleasure and privilege to work with you to achieve the most effective and comfortable test.

An ambulatory EEG is a test of your brain waves which can provide your doctor with important information about brain function. It can help diagnose seizure type and provides important information regarding the best treatment for seizures. Unlike the routine EEG which typically is done in the office and only lasts 20-30 minutes, the ambulatory EEG is performed in the comfort of your own home and is run typically for one to two days.

Placement of the EEG wires for monitoring

EEG wires will be attached to the head with a special glue so that the electrodes will stay attached for several days. Sometimes, the electrodes can cause some itching to occur and medication can be taken to help the itching. Do not scratch your head with the electrodes in place. Benadryl can be used for itching. This can be obtained over the counter at your local pharmacy.

Food

Please do not eat potato chips or other snack foods or chew gum, since this will interfere with the EEG - it generates a lot of "noise" on the study which makes it very difficult to detect anything else.

Clothing

Comfortable clothing should be worn while the ambulatory EEG is being performed. Sweat pants and a loose fitting top which buttons down the front are suggested. Do not attempt to pull a shirt or other clothing over your head during the ambulatory EEG. The electrodes may become dislodged and the quality of the recording will be affected.

What do I need to do before my test?

Bathe and wash your hair well. Do not leave any hair products in your hair and remove any braids or hair extensions. This will facilitate comfortable placement of the electrodes.

Unless instructed by your doctor, continue to take all your prescribed medications as you normally would.

What do I do during the test?

It is VITAL that you make it a point every morning to replace the batteries in the Headbox .

Press the event button during or immediately after the kind of symptoms that led your doctor to order the test. If you are late in pressing the button, it is still better to press the button as soon as you can than not at all.

You will be instructed to fill out a Log sheet for all events in question. On this sheet please include the date, and time of day of the symptoms and note if you pressed the button or pressed it late after the episode occurred.

For each event please give a description of the event on the log sheet.

Avoid touching the electrodes, head wrap or unplugging the EEG electrodes from the recorder device.

This equipment is very expensive! Please avoid banging the equipment, allowing it to get wet, or making any adjustments to the equipment parts.

Returning the EEG

You will have a scheduled appointment to return the equipment and have the EEG taken off by the technician. It is very important that the equipment is returned on time as other patients are scheduled for the test the day you are returning the unit. If the unit is not returned on time, there will be a late fee applied to the stored credit card. The fee is \$100 per hour for every hour it is not returned after the grace period. If for any reason, you are unable to

return the equipment at the designated time, please notify the office ASAP.

Please remember to bring the log sheet and all the equipment for your scheduled EEG removal appointment.

Due to the prolonged length of time recorded, results will be back within 7 business days. Please call the office if you have not heard from us within 7 business days.

Thank you for choosing Sunrise Pediatric Neurology for your neurological care!