

## PATIENT EDUCATION

# Preparing For Your Electroencephalogram (EEG)

### Your appointment is:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Return Your Recorder:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

### Register at the North Entrance of St. Cloud Hospital -1406 6<sup>th</sup> Ave North St. Cloud, MN 56303.

The staff will take you to the Neurodiagnostics department (2<sup>nd</sup> Floor, Lakes Elevator). Make sure to arrive on time for your appointment. If you know you are going to be late, please call ahead of time. We may have to reschedule. If you have any questions, please call 320-255-5696 or 800-835-6652.

### What is an ambulatory EEG?

EEG stands for electroencephalogram. An EEG measures the electrical activity of the brain. During EEG monitoring, the information is recorded to allow the neurologist to observe your EEG over a length of time, typically 72 hours. No electricity is transferred to your brain.

### How to Prepare:

- Shampoo your hair the night before and do not use hair products such as hairspray, gel, cream, etc.
- Remove all hairpieces prior to your appointment and do not fix your hair in tight braids or cornrows.
- You will not be able to shower or swim until the equipment is removed.
- **Follow your health care team's instructions when taking medication.**
- Wear a button down or zip front shirt — you will not be able to pull anything over your head once the electrodes are applied. Do not pull a shirt or other clothing over your head during an ambulatory EEG. The wires might come loose and may not record.

### EEG Equipment:

- The electrodes, monitor/recorder cannot get wet.
- Do not allow the box to hit other objects or be dropped.
- Do not change anything on the device and do not adjust the wires.
- If something breaks, you might need to pay to replace it.
- The equipment must be returned at your visit.

### Placement of wires for monitoring:

- EEG wires will be attached to your head with a special glue. Sometimes, the electrodes can itch.
- Do not scratch your head.
- It will take about an hour and a half to apply the electrodes and set up the equipment.

### Event Diary:

- Record your daily activities in your diary.
- If you have a seizure or seizure-like symptom press the "event" button on the recorder. When the button is pressed, it marks the time on the EEG recording. The health care team can then compare what you feel or what is seen by others to what the EEG shows at the same time. Use the Event Diary to provide details, if needed.

- If you are not able to press the button during a seizure or event, someone else can do it for you. You should behave as you normally would during a seizure. Family and friends should follow your usual first aid or emergency procedures.

### **Removing/Returning the Equipment**

- When your appointment is scheduled, you will also be given a day/time to return your device.
- For this appointment, you will come back to the Neurodiagnostics department to have the electrodes unhooked by staff.
- When the electrodes are removed, there will likely be glue that remains in your hair. The glue will wash out with shampoo.

### **How will I get my results?**

- We are not able to interpret or explain your results at the time of removal or return of equipment.
- When your EEG ends, a doctor will review the study, often referencing your Event Diary and event recordings. We will attempt to get your results as soon as possible, but due to the length of the study this can take several business days.
- If your results are normal, they will be shared through MyChart. If you are not active on MyChart, the clinic may call or send a letter with your results, depending on your preference.