

## PATIENT EDUCATION

# Preparing For Your Ambulatory EEG

### What is an ambulatory video EEG?

EEG is the abbreviation for electroencephalogram. An EEG measures the electrical activity of the brain see how the different parts of your brain function. During Ambulatory EEG monitoring, data is recorded to allow your doctor to observe your EEG over a length of time. The purpose of video is to be able to see exactly what is happening when you have an event and compare the picture to what the EEG records at the same time. No electricity is transferred to your brain.

### Preparation for the EEG:

- Shampoo your hair the night before and do not use hair products such as hairspray or styling cream. Please remove all hairpieces prior to your appointment and do not fix your hair in tight braids or cornrows.
- Do not get the electrodes or recorder wet. You will not be able to shower or swim until the equipment is removed.
- Continue taking any prescription medications unless told otherwise by your physician.
- 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 attempt to pull a shirt or other clothing over your head during an ambulatory EEG. The electrodes may become dislodged, and the quality of the recording will be affected.

### Placement of the wires for monitoring:

- EEG wires will be attached to your head with a special glue. Sometimes, the electrodes can cause some itching to occur.
- Do not scratch your head with the electrodes in place. You can wear the recorder on your waist, with the wires running either under your shirt or outside of it. Wires are then attached to a recorder that is slightly larger than a portable cassette player.
- It usually takes about an hour and a half to apply the electrodes and set up the equipment. A return appointment will be needed to remove the equipment.

### What should I do if I have a seizure during the test?

- The recorder has an “event” button to press if you have any seizures or different symptoms during the test. When the button is pressed, it marks the time on the EEG recording. The doctors can then compare what you feel or what is seen by others to what the EEG shows at the same time.
- If you are not able to press the button during a seizure, someone else can do it for you.
- If you have a seizure during the test, you should behave as you normally would during a seizure. Family and friends should follow your usual first aid or emergency procedures.
- It is important to be on camera as much as possible, even when sleeping. Sounds that occur during the testing are also recorded — this can pick up if a person talks or makes any other sounds during an event.

### How will I get my results?

- After the technologist completes your study, the doctor will review the study. If there are issues regarding the EEG of immediate concern, the doctor will contact you.
- Do not ask the EEG technologist to interpret or explain your results. The EEG technologist will contact the physician if your EEG shows something that may be of immediate concern.

### EEG Equipment:

- The ambulatory EEG is an expensive piece of equipment.
- Do not get it wet.
- Do not allow the box to get hit against other objects or dropped.
- Do not attempt to adjust anything on the device and do not adjust the wires.
- You may be held responsible for damage.