

# *Plano Neurology, P.A.*

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## **Instructions for an Ambulatory / Video EEG appointment**

EEG (Electroencephalogram) is a test that measures and records the electrical activities of the brain. The system records the electrical activities from the electrodes placed on the head on to a screen which show as waves. Seizures and such abnormal conditions can be discerned from these recordings. The ambulatory / video monitoring can take anywhere from 1 to 4 days. You will be carrying EEG recording box and video camera home for the procedure.

### **Preparations before the test:**

- Hair should be free of any conditioners, sprays, oils, creams, lotions or hair sheens
- Wash the hair the previous day only with shampoo and water
- Hair should be dry at the time of appointment
- No braids or hair pieces
- No hair extensions
- Do not eat or drink foods that have caffeine for 12 hours
- Wear shirt with buttons or zipper that can be removed without passing over your head since once the electrodes are in place it will be difficult to take off the shirt over your head
- Bring a scarf or a cap (oversized) to cover your head while travelling to and from home with the electrodes attached to your head
- If you are taking sedatives, muscle relaxant, sleeping aids, of seizure medications, let the doctor know about them beforehand. Continue to take prescription medication unless instructed otherwise

### **Test Procedure:**

The patient will be asked to sit on a chair or lie on the back on a table. The technician will measure and mark the spots on the scalp where the electrodes are to be placed. Then the technician will scrub these spots with a solution in order for proper contact with the electrodes. A water soluble cream is used to attach the electrodes to the patient's scalp.

After the electrodes are attached, the technician may ask the patient to breathe deeply and rapidly, look at bright and rapid strobe light, and may be asked to sleep.

The technician will discuss the event button. Whenever episode occurs, you should press the event button so that the physician would know precisely when an episode occurred. You will also be given a patient log to record the activities during the procedure. This is important for the physician to understand the background of the episodes.

If you are undergoing video EEG monitoring, the technician will explain how to setup and operate the video camera. Once you are home, you should place the camera on a table and adjust the angle so that it can record video of you during episodes.

Do not take a shower while the electrodes are attached to your scalp

Do not tamper with EEG Head box or the camera. They are very sensitive equipments and tampering with them will make the study ineffective and may cause damage to the equipments

The technician will tell you when to return to the office. Once you are in the office, the technician will remove the electrodes from your scalp using a solvent to remove the paste.

The EEG study is painless, but some scalp irritation may be present for few hours. Some of the paste used to stick the electrodes may remain after the study. The paste is water soluble and will wash away with shampoo and water.

Given below are some of the links to further information. You will also find these links in our website [www.planoneurology.net](http://www.planoneurology.net).

<http://www.webmd.com/epilepsy/guide/electroencephalogram-eeeg>

<http://www.rush.edu/rumc/page-1295997529654.html>

[http://www.hopkinsmedicine.org/healthlibrary/test\\_procedures/neurological/electroencephalogram\\_eeeg\\_92,P07655/](http://www.hopkinsmedicine.org/healthlibrary/test_procedures/neurological/electroencephalogram_eeeg_92,P07655/)