

# Regional Health Diagnostics, Inc.

727 Professional Dr.  
New Bern NC 28560  
252-635-9822

## **INSTRUCTIONS FOR EXTENDED VIDEO EEG MONITORING**

Please be on time for your appointment. Due to the length of the setup and recording, if you arrive late, we will need to reschedule the appointment.

An EEG is a recording of the brain's electrical activity. This is done by placing electrodes (small metal cups) on the head with paste or gel. There are no needles, nothing that sticks or hurts.

**In order to achieve the best possible recording please follow the instructions for your procedure:**

### **ROUTINE EEG'S:**

Total preparation and test duration: approximately 2 hours

- You will be wearing the wires here at our facility.

### **EXTENDED VIDEO EEG'S:**

Total preparation time: 45-60 minutes

Test duration: 24-72 hours (In Office)

- You will be wearing the wires here at our facility.

### **AMBULATORY EEG'S:**

Total preparation time: 45-60 minutes

Test duration: 24-72 hours

- You will be leaving the lab with the electrodes still attached to the scalp, and with the head wrapped.
- The technician will give you specific instructions you will need to follow throughout the duration of the test.

### **ALL PROCEDURES:**

- Wear comfortable loose clothing (once electrodes are put on nothing can come back over top of your head).
- A head net/electrode cap will be applied to secure the electrodes.
- Hair must be clean with no conditioners, hairspray, mousse, gel or oils.
- No ponytails, braids, extensions, weaves, and hairpieces, etc. We must be able to easily reach the scalp. (If you have any braids, etc., you will be rescheduled!)
- Continue your normal diet.
- Light snacks, beverages, and small frozen meals are complementary. You are welcome to bring any food or drinks while you are staying with us during this procedure.
- Medications should be taken as usual unless instructed otherwise by your physician.
- We also offer WI-FI.
- Any co-payments or deductibles due will be collected upon arrival. Arrangements can be made for full payment, but partial payment will be collected. We accept personal checks, money orders and all major credit cards.
- We do NOT accept cash.**

### **RESULTS:**

- The results will **not** be available at the completion of the exam. (A Neurologist will interpret and dictate the exam).
- Be sure to schedule your follow up appointment with your requesting physician to discuss the results.

### **LOCATION:**

Regional Health Diagnostics, Inc. is located at 727 Professional Drive across from the hospital and beside Coastal Carolina Sport Medicine. You can contact us at 262-635-9822 or Mapquest our address

**If you have not heard from Regional Health within a week, please be sure to contact our office about your appointment.**