

What to Expect for Ambulatory EEG

Your healthcare 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. Ambulatory EEG is a test of your brainwaves, which can provide your doctor with important information about your brain function. Unlike the routine EEG that typically is done in the office and only lasts about 45 minutes, the ambulatory EEG is performed in the comfort of your own home and is run typically for a couple to several days. The EEG is a safe procedure that records the electrical signals of the brain but does NOT send electricity into the brain. When the test is started, small metal cup electrodes will be pasted to the scalp with a special glue. Each electrode is connected to a recording computer through a wire. The EEG technologist may then cover the electrodes with a gauze wrap to protect the electrodes. Most people do not experience discomfort, other than a little itching on the scalp. If that occurs, please be careful not to scratch your head as this can dislodge the electrodes.

We ask that you give at least 48 hours' notice when canceling or changing your appointment. If you need to reschedule, please call 252-635-9822 or 910-333-8947.

TEST SPECIFICS:

- This test set-up will require approximately 45–60 minutes
- Your hair needs to be clean and dry for the test.
- Do not use conditioner, gel, spray, etc., on your hair.
- Avoid weaves or braids because we need easy access to your scalp to paste on electrodes.
- Wear a shirt/blouse with a button or zip front. This will make it easier for you to change your clothing during the time you will be wearing the ambulatory system without having to pull anything over your head.
- At the time of the hook-up process, the technologist will review with you specific instructions on how to handle the ambulatory equipment that will be going home with you.

For successful testing, please follow these directions: Ambulatory EEG involves the use of wires well-secured to your head and a portable pouch and video unit for you to bring home. In order for us to obtain a quality recording, we suggest you follow our list of “Do’s and Dont’s.”

THINGS TO DO AND WRITE DOWN DURING THE RECORDING:

- Please remain indoors (at home) and in front of the camera, when possible, and stay out of the heat while wearing the ambulatory EEG.
- If you are hooked up in facility you must go straight home, plug your laptop in and call our monitoring office 252-635-9822 or 910-333-8947 for further instructions on how to get study/monitoring started immediately.

CONTINUED THINGS TO DO:

- Unless you have been instructed otherwise by your doctor, continue to take all your prescribed medications, especially your seizure medications. Please note on the patient log sheet, each medication, and the time it was taken during the testing.
- Press the event button during or immediately after you experience any of the kind of symptoms that led your doctor to order the test. If you are running 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 your symptoms and note if you pressed the button or pressed it late after the episode occurred. If you do not have an event button then just use the log to note your events.
- For each event please give a description of the event on the log sheet. Please describe your symptoms such as what you felt or did during this time period. If you are confused during your episodes or unable to describe what you are feeling, please have a loved one or friend at home write down what they observed. It is also helpful when we later review any episodes that were recorded, for you to call out to the camera what you are experiencing as they happen. If someone else is with you, they can also narrate out loud what they are witnessing. This way, we will have the best understanding of what you are feeling and doing during your episodes.
- If you are not able to press the button during a seizure or event, someone else can do it for you. You and they should behave as you normally would during a seizure. Family and friends should follow your usual first aid or emergency procedures.
- Please have a family member present at all times during testing procedure that's capable of administering emergency medication if prescribed.
- Please remember to bring the log sheet and all the equipment for your scheduled EEG removal appointment.
- If any leads come off, please call you're the office for instructions. Office hours are 8 am to 5 pm Monday through Friday. If leads come off during the night, please call in the morning for instructions. If you remove the leads, please bring the unit back to the facility the next working day. Weekend on-call tech 252-474-4292. Monitor techs will call you if they notice problems or no connection issues throughout your recording. Please be aware that some numbers may be from out of state.
- Return promptly at your assigned time for removal of equipment.

THINGS TO AVOID DURING THE AMBULATORY EEG TEST:

- Do not chew gum or suck on hard candy.
- Do not shower, swim, wash your hair or submerge the equipment in water. Only sponge bathing is allowed.
- Please do not remove the head wrap while the test is running. This helps keep the electrodes in place. • Avoid static electricity.
- Avoid activities that make you sweat.
- Avoid working on or being near a laptop that is plugged in or charging.
- Avoid talking on or being near a phone that is being charged/plugged in.
- Avoid touching the electrodes, head wrap or unplugging the EEG electrodes from the recorder device.
- The equipment is very expensive! Please avoid banging the equipment, allow it to get wet or make any adjustments to the equipment parts.

AFTER THE TEST:

- After the EEG electrodes are removed, the EEG technologist will clean each spot on the scalp where an electrode had been applied, with warm water.
- We advise you to wash your hair when you return home.
- The best way to clean your hair after the test is to apply a hair conditioner and comb your hair to remove any leftover debris.
- Once you have removed the debris you can then wash and recondition your hair.
- EEGs are generally quite safe, although in some individuals prolonged application of the electrodes can cause skin irritation and breakdown. Should this occur, keep the area clean and dry and apply Neosporin one to three times daily for two to three days. Let your doctor know if skin irritation doesn't go away after several days.
- Video and EEG information is collected on a computer, which is then interpreted by a neurologist.
- The interpreting physician will compose a detailed report which will be sent to your physician. Because there is a lot of information for the physician to review, please expect at least seven work days of time before the test interpretation is complete and a report is received by your physician.