



Ambulatory EEG
PATIENT INSTRUCTIONS

1. ROUTINE WITH T1 T2 LEADS OR SDTT EEG FOLLOWED BY AN AMBULATORY EEG (allow approximately 2.5 hours)

An EEG is a recording of electrical activity produced from the brain. This activity is collected by approximately 21 disk electrodes glued to your scalp there will only be one application of electrodes for both tests. Electrodes are glued to your scalp and then a one hour Sleep Deprived EEG will be performed in the office. You will then go home with the glued electrodes on your scalp. Two EKG electrodes will be placed on your chest to record your heart rate simultaneously with the EEG. The electrodes will remain attached for 24, 48 or 72 hours. The electrodes are connected to a portable computer carried in a portable pouch, attached to a shoulder strap that you will carry with you. You will be required to keep a diary of your activities and symptoms. You may maintain your usual daily routine (eating, sleeping, watching TV, and working on your computer); however, you should avoid physical activity. There are no dietary or medication restrictions. You may go to work unless your job is physically active. If you have any questions about your activities, please ask. 48 and 72 HOUR RECORDINGS will require you to replace two AA batteries (provided) inside the portable computer. You will be instructed how to do so.

Please get only 6 hours of sleep the night before FOR A ROUTINE T1 T2 EEG AND only 4 hours for SLEEP DEPRIVED EEG and refrain from caffeine prior to testing (coffee/tea/chocolate etc.)

If you are given a mild sedative (melatonin, an over-the-counter sleep aid) to help you sleep during the sleep deprived EEG test performed in the office, you cannot drive for 8 hours following the test and will require a driver to drive you home.

2. AMBULATORY ONLY EEG: (allow approximately 1.5 hours)

An EEG is a recording of electrical activity produced from the brain. This activity is collected by approximately 21 disk electrodes glued to your scalp. Two EKG electrodes will be placed on your chest to record your heart rate simultaneously with the EEG. You will go home with the glued electrodes on your scalp. The electrodes will remain attached for 24, 48 or 72 hours. The electrodes are connected to a portable computer carried in a portable pouch, attached to a shoulder strap that you will carry with you. You will be required to keep a log of your activities and symptoms. You may maintain your usual daily routine (eating, sleeping, watching TV, and working on your computer); however, you should avoid physical activity. There are no dietary or medication restrictions. You may go to work unless your job is physically active. If you have any questions about your activities, please ask. 48 and 72 HOUR RECORDINGS will require you to replace two AA batteries (provided) inside the portable computer. You will be instructed how to do so.

3. ELECTRODE REMOVAL FOLLOWING AMBULATORY EEG: (allow approximately 30 minutes).

A. Your hair will be very oily and will require washing after removal of the electrodes.

4. IMPORTANT INSTRUCTIONS FOR ALL AMBULATORY EEG RECORDINGS;

- A. Wear a top that buttons down the front. Once the electrodes are attached, you will not be able to take anything off over your head. Bring a loose hat, a thin scarf or bandana to tie over the electrodes to protect them.
B. WASH and DRY your HAIR before the test. Please do not use hair products (hairspray, oils, gels, etc...because they stop the electrodes from sticking on). No weaves, braids, dreadlocks, hair extensions, cornrows or attached toupees are allowed. They impede placing the electrodes in the required area and may cause your test to be rescheduled.
C. Things Not To Do: Please do not tamper with the recorder or get it wet (no shower or bath). Do not brush your hair, sit under a ceiling fan or allow wind through your hair. Do not sleep with an electric blanket turned on or in a waterbed with the heater on. Do not chew gum or do excessive snacking (eating chips/ice/peanuts etc.) while wearing the recorder.
D. Diary: Log entries should include a record of your activities from start to end... example 12:00 - 12:30 lunch; 12:30 - 4:00 TV; 4:00 - 6:00 napping) Any physical symptoms (blackouts, seizures, spells, dizziness, chest pain, burst of emotion (sad, anger etc.)) or anything you feel to be important and out of the ordinary should be posted in the symptoms area. BRING THE LOG BACK TO THE DOCTOR'S OFFICE WHEN ELECTRODES ARE REMOVED.

Table with 3 columns: TIME, ACTIVITY, SYMPTOM. Rows include: 10:00 - 12:00 noon Arrive Home - watch TV; 12:00 - 12:30pm Lunch; 12:30 - 12:45pm Bathroom Dizzy Feeling; 12:45 - 4:00pm TV; 4:00 - 9:00pm

A \$75.00 FEE WILL BE CHARGED FOR ALL APPOINTMENTS MISSED OR NOT CANCELLED 24 HOURS IN ADVANCE

- PLEASE DO NOT BRING CHILDREN TO TESTING APPOINTMENTS.
PLEASE ALLOW 10 BUSINESS DAYS FOR THE RESULTS OF THIS TEST TO BE AVAILABLE TO YOUR DOCTOR.