

# **AMBULATORY ELECTROENCEPHALOGRAM (EEG) INSTRUCTIONS**

*Please arrive 20 minutes prior to the time of your test.*

*Please read all instructions thoroughly and refer to your order for the test for which you are scheduled.*

An EEG is a recording of electrical activity produced from the brain which is collected by approximately 21 disc electrodes that are placed on your scalp. Two EKG electrodes will also be placed on your chest to record your heart rate simultaneously during the EEG. If you are scheduled for a Routine or Sleep Deprived EEG along with an Ambulatory study, there will only be one application of electrodes. The electrodes are attached using collodion. A one-hour EEG recording will be performed in the office prior to the Ambulatory EEG. An Ambulatory EEG is an extended recording of the electrical activity produced from the brain.

You will then go home with the electrodes attached to your scalp. The electrodes will remain attached for 24, 48 or 72 hours (as ordered). The electrodes are connected to a portable computer that will go home with you in a portable pouch, with a shoulder strap for easy carrying. You will be given a diary to record your activities and symptoms during the study.

**AMBULATORY EEG** (allow 1.5 hours)/ **EEG WITH AMBULATORY EEG:** (allow 2.5 hours):

**WARNING: ELECTRODE REMOVAL** (allow 30 minutes). When returning to have the electrodes taken off, a special solvent is used to remove the electrodes. **This solvent is oily. Your hair will be very oily after the electrodes are removed and will require shampooing.**

***THIS SOLVENT CAN DAMAGE ITEMS SUCH AS PLASTIC ON EYEGLASSES, HEARING AIDS AND COCHLEAR IMPLANT DEVICES. DO NOT WEAR THESE OR ANY PLASTIC ITEM DURING REMOVAL OF THE ELECTRODES AND UNTIL YOU ARE HOME AND HAVE FULLY SHAMPOOED OUT THE SOLVENT FROM YOUR HAIR.***

## **PREPARATION:**

**Please get only 6 hours of sleep the night before FOR A ROUTINE T1 T2 EEG  
OR only 4 hours of sleep the night before a SLEEP DEPRIVED EEG.  
Refrain from caffeine on the day of testing (coffee/tea/chocolate, etc.).**

***SEDATIVE: 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.***

## **IMPORTANT INSTRUCTIONS FOR ALL AMBULATORY EEG RECORDINGS:**

- A. **CLOTHING:** ***Wear a top that buttons or zips down the front or back.*** Once the electrodes are attached, you will not be able to take anything off over your head. Bring a bandanna, do-rag, or **thin** scarf to secure the electrodes on your head. Wear a shirt with a loose opening at the neck. No turtlenecks.
- B. **HAIR CARE:** Wash and dry your hair thoroughly the day of the test. **Do not use any hair products** (hairspray, oils, gel, etc.) because they may impact the quality of the test. **NO dreadlocks, hair extensions, cornrows, or attached toupees**, as they may impact the placement of the electrodes in the required areas and may cause your appointment to be rescheduled.
- C. **DO'S AND DON'TS:** 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 to blow 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. **DAILY ROUTINE:** Maintain your usual daily routine (eating, sleeping, watching TV, and working on your computer), however, you should **avoid strenuous physical activity**. There are no dietary or medication restrictions. Please no snacking between meals. You may go to work unless your job is physically active. If you have any questions about your activities, please ask.
- E. **Diary:** Entries should include a record of your activities from start to end (see example below). 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 entered in the symptoms area. Record in blocks of time as symptoms occur.

**BRING THE DIARY BACK TO THE DOCTOR'S OFFICE AT YOUR ELECTRODE REMOVAL APPOINTMENT.**

**Sample log:**

<b>Time</b>	<b>Activity</b>	<b>Symptoms</b>
10:00am - 12:00pm	Arrive Home - watch TV	Headache
12:00pm - 12:30pm	Lunch	Body jerk

**Please allow 10 business days for the results of this test to be available to your doctor.**

**Please do not bring children to testing appointments.**

**A \$75.00 fee is charged for all appointments missed or not cancelled 24 hours in advance.**