

## **AMBULATORY ELECTROENCEPHALOGRAPHY TEST (EEG) INSTRUCTIONS**

An Electroencephalogram (EEG) is a recording of electrical activity produced from the brain. Please read all instructions thoroughly and refer to your order to know which test you are scheduled to have.

### **Important:**

- 1. SLEEP DEPRIVED EEG (SDTT) WITH AMBULATORY EEG** (allow approximately 1.5 hours):
  - a. Only have 4 hours of sleep the night before the test, in order to be able to sleep during the testing. Refrain from caffeine (i.e. coffee, tea, chocolate) on the day of the test.
- 2. ROUTINE EEG WITH AMBULATORY EEG** (Allow approximately 2.5 Hours):
  - a. Only have 6 hours of sleep the night before the test and refrain from caffeine (i.e. coffee, tea, chocolate) on the day of the test.
- 3. AMBULATORY EEG** (Allow approximately 1.5 hours):
  - a. Only have 6 hours of sleep the night before the test and refrain from caffeine (i.e. coffee, tea, chocolate) on the day of the test.

#### **4. SEDATIVE:**

- a. 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.**

Please call 703-876-0800 for our answering service and ask to be connected to the office if you have an 8:00 a.m. appointment and you are running late or are unable to keep your appointment on the day of the test. A \$100.00 fee is charged for all missed appointments or not cancelled 48 hours in advance.

### **Patient instructions:**

- **Arrival:**
  - Please arrive 20 minutes prior to the time of your test.
- **Hair care:**
  - **Wash and dry your hair thoroughly on the day of the test.** Do not use any hair products (hairspray, oils, gel, masks, conditioners, lotions, etc.) because they may impact the quality of the test.
- NO dreadlocks, hair extensions, cornrows, weaves, attached toupees or other attached hair pieces, as they can interfere with proper electrode placement on the scalp. Failure to comply may result in your appointment being rescheduled.
- **Medications:**
  - Please take all your medications unless otherwise instructed by your physician.
- **Meals:**
  - No caffeine the day of your appointment (coffee, chocolate, colas, etc.). Decaffeinated beverages are allowed. Otherwise, please eat your regular meals.

- **Illness:**



- If you are coughing or sneezing in excess due to illness and/or allergies, please reschedule your appointment, as this impacts the quality of the test.
- **Clothes:**
  - **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.
- 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.
- Please do not bring food or drink to your testing appointment.

**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.***

### **ELECTROENCEPHALOGRAPHY (EEG)**

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 placed onto your scalp with sticky conductive paste. For an ambulatory EEG 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.

If your insurance company requires an insurance referral be sure you have obtained this prior to the time of your appointment.

A \$100 fee is charged for all appointments that are missed or not cancelled 48 hours in advance.



**WHEN AT HOME:**

- **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.
- **Diary:**
  - 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.

**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

**\*\*\*Bring the diary back to the doctors office when you return the ambulatory recorder.\*\*\***