



AMBULATORY EEG TESTING

What is an Ambulatory EEG?

The Ambulatory EEG monitoring test gives patients the capability to walk around and carry on normally in their environment, while brain electrical activity (brain waves) recordings are being made. The recording is usually from 24 to 72 hours long versus a routine EEG which is only 20 to 40 minutes long. Since the Ambulatory EEG captures the brain's electrical activity for prolonged periods during both the awake and asleep setting, it is capable of capturing abnormal activity such as seizures that may only occur once every 3 hours, or if they only happen during sleep for instance. It can also monitor brain activity during the time of symptoms. The test is not harmful and is painless.

Preparation for the Ambulatory EEG:

- **SHAMPOO ONLY THE NIGHT BEFORE** (no conditioner, oils, hair styling products).
- Styling products can interfere with the electrodes and limit the usefulness of the test.
- Remove any and all hair extensions, glue and clips. Undo braided hair, remove wigs and hair pieces.
- **Eat normally and take your regularly scheduled medications as prescribed by your doctor.**
- **Wear a cotton t-shirt or tank top.** The small computer recorder requires a strap around the chest and a t-shirt makes this more comfortable.
- **Bring a scarf or a loose fitting that if you prefer the electrodes to be covered.**

What to expect for the EEG Exam:

A technologist will place 21-23 small disc electrodes on your head and the recording of the brain activity will start. The electrodes used in this test are small metal disks placed on the skin by the technologist in a simple procedure, which should take approximately 1 hour. A paste will be used to stick the electrodes to your scalp. A gauze wrap is then used to keep the electrodes and wires together out of your way. Please note the following:

- Children having the test should have a parent or guardian with them throughout the entire electrode application procedure.
- If you do not speak English, it would be helpful to arrange for a translator to accompany you to the test
- You may bring with you a hat or scarf to wear over the head wrap once the electrode application has been completed.

Once the electrodes have been applied and wrapped, they will be connected to a small computer recorder that you will be taking home with you. The recorder is small enough to be easily carried. It is placed in a pouch that will be placed around your waist. The technologist will go over the operation of the device. This is a good time to ask any questions that you may have thought of. You will be going home with the electrode head wrap and the small computer recorder. A typical test will last 24 to 72 hours.

- **Do not under any circumstances take a shower while the test is in progress. You may wash from the neck down with a washcloth. Be careful not to get any water into the computer.**
- **No gum chewing during the test.**
- **No tampering of any kind with the electrodes or computer recorder. Do not drop the computer recorder.**
- You will be provided with an event Calendar that needs to be filled out in the event of any episodes. Recording the date and time of the event along with a brief description is very important.
- The technologist will discuss the event button. This is a small button on the side of the computer recorder that should be pressed in the event of an episode. By pressing this button the physician reviewing the study will know exactly when the episode occurred and will be able to see what changes occurred on the EEG.
- The technologist will inform you when and where to return for the removal of the electrodes and computer. The Event Calendar should be returned at this time as well.