



MEDICAL  
**NEUROLOGY**

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### **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) are being recorded. 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 sleep setting, it is capable of capturing abnormal activity such as seizures that may 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 HAIR THE NIGHT PRIOR** (no conditioner, oils or hair styling products)
- Remove any and all hair extensions, glue and clips. Undo braided hair, remove wigs and hair pieces.
- Eat normally and continue taking scheduled medications prescribed by your doctor.
- **Wear a comfortable cotton t-shirt. NO TANK TOPS.** The equipment requires a strap around the chest and **you will not be able to remove your shirt until the testing is completed.** A t-shirt is the most comfortable option.
- You may want to bring a scarf or loose fitting hat if you prefer to cover your head.

### **What to expect for the EEG Exam:**

A technologist will place 21-23 small disc electrodes on your head. Once the electrodes have been applied they will be connected to a small computer that will be worn on your waist, and the recording of the brain activity will start. The placement of the electrodes to the scalp takes approximately 1 hour. A paste will be used to stick the electrodes to your scalp. Please note the following:

- **If you do not speak English, it would be helpful to arrange for someone to translate to accompany you to the test.**
- **It is best to not bring children that cannot be left unattended during the procedure.**
- No chewing gum or hard candies during the testing.
- Do not take a shower while the test is in progress. You can sponge bath from the waist down.
- You will be provided a diary to record any episodes that may occur during the testing and will be required to turn it in when you return to have the EEG removed.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_