

Patient Information: Long-Term Ambulatory (In-Home) EEG

Your healthcare provider has requested that you undergo a test called an ambulatory EEG through Abington Neurological Associates. It is our pleasure and privilege to work with you to achieve the most effective and comfortable test.

Ambulatory EEG is a test of your brainwaves which can provide your doctor with important information about your brain function. Unlike the routine EEG, which typically is done in the office and only lasts 20-30 minutes, the ambulatory EEG is performed in the comfort of your own home and is run typically for one to several days.

Ambulatory EEG has advantages. It can record your brain waves for many hours, including while you are asleep. The study may help us find abnormalities in the brain waves and capture any spells/seizures, helping in appropriate management of your health condition.

Once the test is done, your doctor will be able to download the recorded data, play it back, and review the information.

The EEG is a safe procedure that records the electrical signals of the brain but does **not** send electricity into the brain. Most people do not experience discomfort, other than a little itching on the scalp. If that occurs, please be careful not to scratch your head, as this can dislodge the electrodes.

Equipment

Amplifier



Magnifies electrical signals from electrodes

Recorder



Records signals sent by the amplifier

Tablet



Stores the data from the recorder

Camera



Monitors the subject throughout the study

While you are at home, keep the equipment plugged in as much as possible to keep it charged.

What to expect during setup

- This test set-up will require approximately 60 to 90 minutes.
- Your hair needs to be clean and dry for the test.
- Do not use conditioner, gel, spray, etc. on your hair.
- Avoid weaves or braids since we need easy access to your scalp to paste on electrodes.
- Wear a shirt/blouse with a button or zip front. This will make it easier for you to change your clothing during the time you will be wearing the ambulatory system without having to pull anything over your head.

- At the time of the hook-up process, the technologist will review specific instructions with you on how to handle the ambulatory equipment that will be going home with you.
- When the test is started, small metal cup electrodes will be pasted to the scalp with a special glue. Each electrode is connected to a recording computer through a wire. The EEG technologist may then cover the electrodes with a gauze wrap to protect the electrodes.



For successful testing, please follow these directions:

Ambulatory EEG involves the use of wires well-secured to your head and a portable pouch and video unit for you to bring home. In order for us to obtain a quality recording, we suggest you follow our list of “Do’s and Don’ts”.

Things to do and write down during the recording:

Unless you have been instructed otherwise by your doctor, continue to take all your prescribed medications as you normally would. Please note on the patient log sheet, each medication and the time it was taken during the testing.

Press the event button during or immediately after you experience any of the kind of symptoms that led your doctor to order the test.

If you are running late in pressing the button, it is still better to press the button as soon as you can than not at all.

You will be instructed to fill out a Log sheet for all events in question. On this sheet, please include the date, and time of day of your symptoms and note if you pressed the button or pressed it late after the episode occurred.

For each event, please give a description of the event on the log sheet. Please describe your symptoms such as what you felt or did during this time period. If you are confused during your episodes or unable to describe what you are feeling, please have a loved one or friend at home write down what they observed. It is also helpful when we later review any episodes that were recorded, for you to call out to

the camera what you are experiencing as they happen. If someone else is with you, they can also narrate out loud what they are witnessing. This way, we will have the best understanding of what you are feeling and doing during your episodes.

Please remember to bring the log sheet and all the equipment for your scheduled EEG removal appointment.

Return promptly at your assigned time for removal of equipment.

Things to avoid during the ambulatory EEG test:

- Do not chew gum or suck on hard candy.
- Do not bathe, shower, swim, wash your hair or submerge the equipment in water.
- Avoid static electricity.
- Avoid activities that make you sweat.
- Avoid working on or being near a laptop that is plugged in or charging.
- Avoid talking on or being near a phone that is being charged/plugged in.
- Avoid touching the electrodes, head wrap or unplugging the EEG electrodes from the recorder device.
- The equipment is very expensive! Please avoid banging the equipment, allowing it to get wet or making any adjustments to the equipment parts.

Patient instructions following the test

- After the EEG electrodes are removed, each spot on the scalp where an electrode was applied will be cleaned with warm water by the EEG technologist.
- We advise you to wash your hair when you return home.
- The best way to clean your hair after the test is to apply a hair conditioner and comb your hair to remove any leftover debris.
- Once you have removed the debris you can then wash and recondition your hair.
- EEGs are generally quite safe, although in some individuals prolonged application of the electrodes can cause skin irritation and breakdown. Should this occur, keep the area clean and dry. Let your doctor know if skin irritation doesn't go away after several days.
- Video and EEG information is collected on a computer, which is then interpreted by an epilepsy specialist.

The interpreting physician will compose a detailed report which will be sent to your physician. Because there is a lot of information for the physician to review, please expect at least 7 workdays of time before the test interpretation is complete and a report is received by your physician.

If you have any issues, please call us at 215-957-9250.