

Premier Neurology and Wellness Center

1050 SE Monterey Road, Suite 201

Stuart, FL 34994

AMBULATORY ELECTROENCEPHAL (EEG)

Background:

Electroencephalography (EEG) is a non-invasive diagnostic test to record electrical activity of the brain along the scalp. In clinical setting, EEG refers to the recording of the brain's spontaneous electrical activity over a period of time. The information these tests provide will allow physicians to create a treatment plan that addresses a patient's specific symptoms. The period of monitoring in which you will be wearing the electrodes could range from 1 to 4 days in your home.

Why is the test performed?

EEG is used in the evaluation of brain disorders. Most commonly it is used to show the type and location of the activity in the brain during a seizure. It also is helpful for diagnosing or treating multiple disorders such as confusion, coma, head injury, tumors, syncope or memory difficult.

How is the test performed?

-The period of monitoring in which you will be wearing the electrodes could range from 1 to 4 days in your home. To measure the electrical activity in the various parts of the brain, an EEG technician will attach 20 electrodes to the scalp. To improve the conduction of these impulses to the electrodes, a gel will be applied to them. Then a temporary glue will be used to attach them to the skin. The test is painless. The electrodes only gather the impulses given off by the brain and do not transmit to any stimulus to the brain. The brain's electrical activity will be recorded continuously throughout the test and the neurologist will analyze the results.

Test Preparation:

To prepare for an EEG you must wash your hair the night before or the day of the test, but don't use any conditioners, sprays or styling gels. Hair products can make it harder for the sticky patches that hold the electrodes to adhere to your scalp. Also, avoid anything with caffeine on the day of the test, caffeine can affect the test results. Make sure you take your usual medications unless instructed otherwise. The patient generally will be ready to go home immediately after the test.

Things to avoid during the Ambulatory EEG test:

- Do not bathe, shower, swim, wash your hair or submerge the equipment in water
- Avoid activities that make you sweat
- 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, the EEG technologist will clean each spot on the scalp where an electrode had been applied, with warm water
- 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 and apply Neosporin 1-3 times daily for 2-3 days. Let your doctor know if skin irritation does not go away after several days
- Video and EEG information is collected on a computer, which is then interpreted by your neurologist
- 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 neurologist

Cancelling appointments:

A notice of at least 24-hours is required should you be able to keep your scheduled appointment. We reserve the right to charge a \$100 fee for missed appointments or “no shows”.

- Appointment Date: _____
- Appointment Time: _____
- Patient Contact Phone #: _____

Patient Name: _____ Patient Signature: _____