

## **Empire Diagnostic Solutions, Inc.**

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### **Patient Information for Ambulatory EEG Monitoring**

Welcome! Your doctor has requested that a test be performed called ambulatory EEG monitoring (AEEG). This test is a powerful tool in the assessment and treatment of various seizure disorders. During this test, small electrodes placed on your scalp will detect electrical activity from your brain. This information will be stored in a small computer that you will be able to carry around with you. The period of monitoring in which you will be wearing the electrodes is typically 1 to 4 days.

The test is non-invasive and is painless. If you have any questions at any time feel free to call our physicians or technicians. They are available 24 hours- seven days a week to answer any of your questions.

This handout covers various aspects of the ambulatory EEG test. Please review this information. It is important that you understand this material so that the most accurate and beneficial results will be obtained.

### **Preparing for the Ambulatory EEG monitoring test**

Prior to the ambulatory EEG test you should:

- 1) Wash your hair the night before. Do not use styling aids such as hair gels, mousse, hairspray or oils of any kind. These products can interfere with the electrodes and limit the usefulness of the test.
- 2) Eat normally and take your regularly scheduled medications as prescribed by your doctor.
- 3) Wear shirts or blouse that opens to the front. Once the electrodes are in place nothing should pass over your head.

### **Electrode Application**

You will be given a time and location to report for application of the electrodes. During this time the electrodes will be placed 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 head by the EEG technologist in a simple, painless procedure, which should take approximately 1 hour. A

