

Ambulatory EEG instructions

Patient information: AEEG monitoring

Your doctor has requested that a test called ambulatory EEG monitoring (AEEG) be performed. This test is a tool used to assess and help better treat and diagnose various seizure disorders. The EEG is a safe and painless procedure where small electrodes are placed on your scalp and used to detect the electrical activity from your brain. The information is continuously being recorded in real time and stored onto a small computer device that you are able to carry around with you. The period at which you will be monitored is determined by your physician. Typically the period of time at which you will be wearing the electrodes is anywhere between 2 and 4 days.

The following information covers aspects all of the ambulatory EEG testing. Please review the information. It is important that you understand the material in order to ensure the most accurate and beneficial results.

Preparing for the AEEG monitoring

Prior to the study you should:

-Wash your hair the night before using only shampoo and water. Do not use hair sprays, conditioners, styling aids, or any kind of oils. These products will interfere with the integrity of the recording and usefulness of the exam.

-You may eat normally and take your regularly scheduled medication, unless told otherwise by your physician. However, do not consume any caffeine (coffee, tea, soda, or chocolate).

-Please make sure and wear a shirt that buttons or zips up so that they can be removed without pulling over your head. After the electrodes are all in place, it will be difficult to take your shirt off and on over your head.

Electrode application

You will be given a time and location to report for application if the electrodes for your AEEG monitoring. At that time the electrodes will be placed onto your scalp and the recording of electrical brain activity will begin. The electrodes used for this study are small metal disks placed directly on your head and skin by the EEG technologist in a simple procedure, which will take approximately 1 hour. During the application process, the technologist will be using a sticky conductive paste and glue to secure the electrodes onto the scalp. Note the following:

- Children having this test should have a parent or guardian with them throughout the entire electrode application.
- A hat or scarf to wear over your head once the electrode application has been completed is highly recommended.

Ambulatory EEG (AEEG) test

After the application of the electrodes is completed, they will be connected to a small computer that you will take home. This device is placed in a sack that will be worn across your chest and waist with a strap. The technologist will go over how the device operates. At that time please ask questions and voice any concerns you may have. A typical test will last 2-3 days. Please take note to the following:

- Do not under any circumstances take a shower while the test is in progress and the electrodes are still on your head. You may wash from the neck down with a washcloth, and very carefully your face. Please be careful not to let any water get into or on the computer.
- No gum chewing during the test.
- No tampering of any kind with the computer or electrodes.
- Do not drop the computer- please where the strap properly around your chest at all times.
- You will be provided a daily event log that you will need to complete in the event that any episode occurs during the extended period of time you are being monitored. Documenting the date and time of the event along with a brief description of what happened is extremely important.
- The technologist will discuss more in detail the event button. This small button on the side of the computer should be pressed in the event that an episode occurs. The reason for pressing the button allows the physician reviewing the study to know where the episode occurred and allows them to best see a more exact onset of where a change may have occurred on the EEG.



-You will be scheduled a time to come back each day throughout the extended time of the testing in order for the technologist to download the previous days study and fix any electrodes that may need to be fixed. At that time you will turn in your daily event log to the technologist.

Completion of testing

The technologist will review with you when and where you are to return to get the electrodes taken off and leave the computer. The electrodes will be removed as follows:

-Using a cotton ball with Acetone/Collodion remover, soaking each electrode until the gauze is loosened and the electrode falls off. Please make sure your eyes remain closed so that no remover gets into your eyes.

-Once the electrodes haven been removed, you may go home and wash your hair thoroughly with warm water and shampoo.

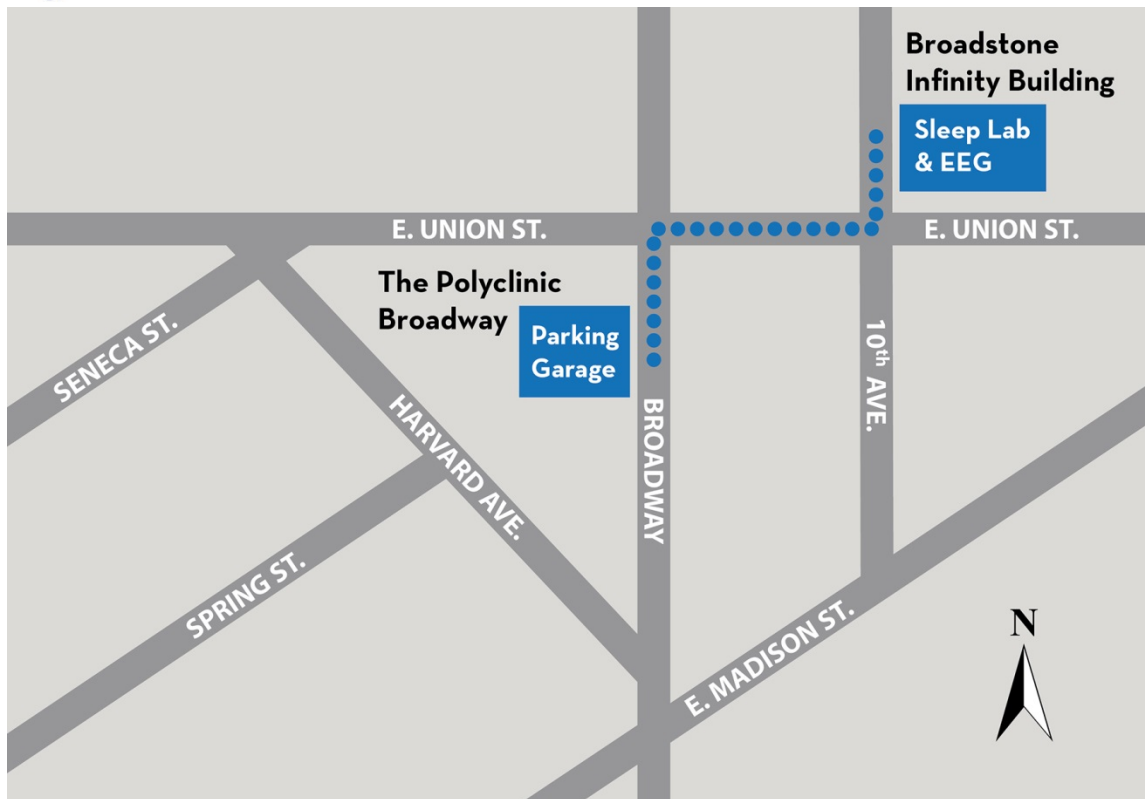
If at any time you have any questions or concerns about any part of the testing please do not hesitate to call and talk to a technologist or physician.

Important: The patient must remember to return the recording device when the testing period is complete. If not returned, you the patient will be held responsible for any damages and/or replacements.

**EEG testing is performed at:
The Polyclinic Sleep Center
1414 10th Ave. • Seattle WA 98122**

They are performed by Amie Martin, R. EEG/EP T.
For further information, or questions regarding the test please call:

**(206) 860-2365 office hours
8:30 am to 4:00 pm**



DIRECTIONS AND INSTRUCTIONS FOR CHECKING IN TO THE POLYCLINIC SLEEP LAB

Walking Directions from The Polyclinic Broadway garage to The Polyclinic Sleep Center

- The Polyclinic Sleep Center is located about one block east of The Polyclinic Broadway at the Broadstone Infinity building.
- Upon exiting the garage on Broadway turn left. Cross the intersection on Union Street and then cross Broadway.
- Walk one block east on Union Street
- Cross 10th street at the intersection.
- Turn left and walk several feet to 1414 10th Ave.
- Upon arrival at The Sleep Center located in the Broadstone Infinity building call the Sleep Center pressing 592 call (button) using the building's intercom and let them know that you have arrived.
- Staff will buzz you into the building. Wait in the building lobby for staff to come down to meet you. Staff will accompany you to your appointment.