

Print Name: _____ Date(s): _____

Signature: _____ Equipment must be returned on: _____ @ 8:00 AM

Ambulatory EEG Instructions

Ambulatory EEG is a wonderful option for you and the doctor to use to try to assess whether any abnormal brain activity is contributing to your symptoms. The advantage of this study over one in the hospital is that you get to be at home in your own comfortable environment.

Similar to a routine EEG, the scalp surface is exfoliated and a sticky paste is used to apply small surface electrodes on the scalp with strong tape holding them in place. In addition, a medical adhesive is used to ensure the electrodes stay on during the longer duration this test runs. Tubular netting is used to secure the setup to last the duration of the study. The setup is scheduled for 90 minutes. You will be scheduled either 24, 48 or 72 hours later to come back in to take off the unit at 8:00 on either Monday, Wednesday or Friday.

- Continue all regular scheduled medications unless otherwise noted by your physician.
- Please have clean, dry and un-styled hair (no hairspray, gel, braids, weaves, cornrows, etc.)
- Wear comfortable loose clothing with sleeves. No clothing will be able to go on or off over your head, a button-down style or zippered shirt is recommended.
- Though the wires are visible they will be secured with tape to keep them together.
- Occasionally skin sores develop under the electrodes if you get warm or sweat. Use a topical antibiotic cream to care for these after the unit is removed if needed.

Equipment and Care:

We are sending you home with an amplifier (wires attached in a pouch, a data recorder and pouch, belt(s), video recorder with a 3 foot charging cord, 2 new D-cell batteries and a plastic pack to carry the equipment. **Please bring all items back with you on your appointment to take off the ambulatory EEG unit.**

The amplifier and data recorder units are worn across your chest and round your waist throughout the daytime while moving around. At night, you can remove the belt and place the belt and unit above your head/pillow. If you need to use the restroom pick up the entire belt and unit and carry to the restroom. It is suggested you sit and hold the unit on your lap so the unit will not fall.

You are taking home expensive equipment. Please keep it safe. Absolutely no water or liquid should get on the unit or unit parts, (no swimming, showers, or baths, etc.).

Avoid situations which may cause you to perspire and avoid strenuous activities such as exercising, jumping, workouts, etc. where stress/strain will be placed on the wires. If perspiring, get out of the situation that is causing it, use a fan or go to an AC environment to cool down.

No chewing gum or sucking on hard candies etc.

Do not take off the bandages or remove any of the equipment.

Avoid cell phone to your ear, you can use an ear bud or handsfree option.

Do not stand next to the microwave while in use.

Keep Video Recorder charged by using the charging system sent home with you. The unit will give an audible alarm every five minutes when batteries are running low. Charging is especially critical during the evening while in low light or no light conditions as the camera will cause the video unit to run out of battery power quickly. Keep yourself in the frame throughout the recording as much as possible especially when you are sleeping. **Note: Do not use video recorder when you need privacy.**

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The black button in the pouch is used to mark the recording when a significant event has occurred that is representative of your symptom being assessed. Press the button to mark all events and log all events on the journal provided so the doctor can look at the event.

Ambulatory EEG Journal Entries

Please write legibly

DATE/TIME:	COMMENT:
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Use either the back of this paper or another blank sheet of paper if more journal entries are required and attach it to this sheet. Bring it with you to the appointment to remove the equipment and give this information to the technologist.

Questions or unusual problems; please text or call Lori at (480) 382-7187 and I will respond as soon as possible. If you can no longer tolerate this test please get in touch with me. If you remove the equipment yourself this could cause damage it therefore, please allow me to remove it at the office. If you remove or alter any part of the equipment by using zip ties, tape or by cutting the wires off with a sharp object you will be responsible for the cost of the damage which is approximately \$1,000.00 _____ Initial here that you have read, understand and agree to these terms.