

Pre-Test Instructions for Prolonged Video EEG

WHAT IS A PROLONGED VIDEO EEG?

A Video EEG is much like a regular EEG except for a few additional components: video recording, longer procedure, and take home equipment. An EEG is short for electroencephalogram and is a computer recording of the electrical activity of the brain. It is a painless test that does not involve needles or electric shocks. You were ordered a Video EEG so that the doctor can better assess your diagnosis and treatment.

PATIENT PREPARATION – YOU MUST FOLLOW THESE INSTRUCTIONS:

Please, please, *please* follow these instructions to prepare for the procedure:

- Come to the office with your hair **washed and completely dried**.
- Do NOT use gel, mousse, hairspray, oil, or any other types of product on your head.
- Medication can be taken as usual, unless otherwise noted by the doctor.
- You do not have to fast; you may eat and drink as normal.

WHAT TO EXPECT - THE TESTING PROCEDURE:

The EEG will begin in our office. You will be asked to sit in an armchair. First, the EEG technician will measure your head with a soft measuring tape and wax pencil. Temporary markings will be made. Next, these specific spots will be cleaned with a q-tip and cleanser (much like a soft facial scrub). Finally, electrodes will be placed on these spots using a special paste. The patient's scalp may be wrapped in gauze (cloth-like material) and the lead wires gathered together to ensure electrodes and wires remain in place. New batteries should be used every 24 hours.

All throughout this process, you will be video-recorded so that the doctor can match your actions to the brain wave activity. A video EEG takes longer to complete than an average EEG as well since you will be asked to wear the electrodes home. Your brain waves will continue to be recorded for the entire duration of the instructed days. You are instructed to record activity in a diary. Documenting physiologic artifacts, such as eye movements, chewing, speaking, and swallowing, is useful.

You will return to the office for removal of the electrodes. After all is said and done, the Neurologist will interpret your results, which typically takes 2-3 weeks.

Please call if you have any questions regarding the test in general. Your cooperation in following these instructions is greatly appreciated and will aid your physician in the diagnosis of your problem.

If it is necessary to cancel or change your appointment, please call at least 24 hours in advance. Failure to cancel your appointment with at least 24 hours notice or failure to show up to your appointment on time will result in a \$75 fee charged to you.