

Ambulatory EEG/Video EEG Patient Instructions

Date of Unhook _____

Before You Come In:

1. Wash your hair the night before the test. It must be free from all gels, conditioners, sprays, and oils on the day of the test.

NOTE: Please **NO** sown or glued weaves, **NO** dreads, and **NO** tight braids.

2. Wear **loose** fitting clothing, **button-down** style **shirt** or a **T-shirt** underneath.

NOTE: Nylon and Satin shirts produce static electricity and affect the EEG recording and should not be worn. Natural fibers such as **cotton** are preferred.

3. Take your medications as prescribed by your doctor, unless otherwise instructed.

During the Ambulatory EEG: Do's and Don'ts

For your personal safety and the best test results the following rules and precautions have been established. Please read them over carefully and ask your technician if you have any questions.

1. Do not drop the recorder. The recorder is enclosed in the padded pouch.
2. Do not tamper with the recorder, electrodes, electrode box or leads/wires. Please take care that no cables encircle the neck or entangle the patient in any way.
3. Do not brush or comb your hair. Electrodes could fall off and test would have to be run a second time.
4. Do not get the recorder wet. Do not take a bath, shower, or go swimming during the test.
5. Do not use the microwave oven during the test. Microwaves interfere with recording of the test.
6. Do not sleep with an electric blanket or on a water bed with a heater.
7. Do not chew gum during the test.
8. If the electrodes fall off during the test during clinic hours please call us at 702-732-2600. You may be asked to return to the clinic to re-apply the electrodes.
9. Avoid activities that may cause excessive vibrations, movements, or jarring to the recorder. i.e. Jogging, jumping, etc.
10. Video Ambulatory EEG only: Make sure video camera is always plugged in and in front of you.
11. Camera does not have infrared; please leave night light on behind the camera during the night.