



## Ambulatory Electroencephalogram (EEG)

An electroencephalogram (EEG), also called a brain wave test, is a diagnostic test that measures the electrical activity of the brain (brain waves) using highly sensitive recording equipment attached to the scalp by fine electrodes.

Brain cells communicate by producing tiny electrical impulses, also called brain waves. These electrical signals have certain rhythms and shapes, and EEG is a technique that measures, records, and analyzes these signals to help make a diagnosis.

Your physician may require more information than a routine EEG may be able to provide. It can be difficult to capture an "event" during the short time period of a routine EEG, as seizures and spells are often intermittent in nature. Physicians will typically order an ambulatory study as overnight, 24 hours, 48 hours or 72 hour tests. During these tests, a "headbox" will be worn in a shoulder pack that will remain with you throughout the study.

### Are there any risks to the test?

The EEG has been used for many years and is considered a safe procedure. The test causes no discomfort. The electrodes only record activity and do not produce any electrical current.

Skin irritation or redness may be present at the locations where the electrodes were placed, but this will generally wear off in a few hours.

## How do I prepare for the test?

- Wash your hair with shampoo but do not use a conditioner the night before the test. Do not use any hair care products, such as hairspray, oils, gels or creams
- Please have clean hair without hair styling products, braids or weaves.
- Eat your usual meals and take any needed medication prior to testing, unless otherwise instructed by your physician.
- Do NOT use any stimulants (coffee, tea, cola, etc.) starting the night before the test.

## During the Test

An EEG is performed by an EEG technician. After explaining the procedure, the technologist will measure your head and mark your scalp with a soft pencil. The technologist will then put a cleanser on the area and rub the scalp lightly with a Q-tip type applicator to prevent the natural oils from the hair from interfering with the recording. Electrodes are used to detect the electrical signals. They come in the shape of small discs that are applied to the head and connected to a recording device. The recording machine then converts the electrical signals into a series of wavy lines that are sent to the "headbox" and recorded on the computer.

## Specific instructions

- Wear a button down shirt
- Wear equipment for 24 48 72 hours
- Wear equipment securely across your chest.
- Please do not exercise during this test. Take it easy and relax. Try to stay as stationary as possible.
- Please use "event button" to document events and record on the log. This is a very important tool for the physician while reading your study.
- If feeling faint, dizzy or feel a seizure coming on then hit the "event" button.
- Write down daily activities on the activity log sheet.
- If an electrode falls off, leave it off.
- Do not shower because the "headbox" cannot get wet
- AA batteries last approximately 48 hours
- Please return headbox, wires, bag and paperwork the next business day
- If you have any questions call at 262 542 9503

## Obtaining Your Results

Results should be available within 7-10 days of your test.

A follow-up appointment should be set up for that time to go over the test results with your physician.

Thank you in advance for your cooperation and for choosing Neurologic Associates as your trusted health care provider.