

Mid-Atlantic EPILEPSY & SLEEP CENTER

Ambulatory Video Electroencephalogram Instructions

Your physician has ordered an Ambulatory Video Electroencephalogram (AVEEG)

Please Read Instructions Below

How to prepare for an Ambulatory Video Electroencephalogram (AVEEG):

1. Wash your hair the night before using only shampoo and water. Do NOT use styling aids such as: hair gels, mousse, hairspray, or oil of any kind.
2. Eat normally and take your regularly scheduled medications as prescribed by your doctor.
3. Wear a button up or zip up shirt, so it can be removed without passing over your head once the AVEEG has started. Please note, that your AVEEG monitoring may last 2-4 days.

What to expect during the Ambulatory Video Electroencephalogram (AVEEG) office visit:

1. The ambulatory Video Electroencephalogram (AVEEG) is not harmful and is painless.
2. The AVEEG is performed by pasting and gluing small metal disks onto your scalp. Afterwards, a gauze wrapping is placed over the head and electrodes to help keep the wires out of your way and to protect the electrodes. The procedures take approximately 2 hours to complete.
3. Please note:
 - a. Children having the test should have a parent or guardian with them throughout the entire electrode application procedure
 - b. If you do not speak English, it would be helpful to arrange for a translator to accompany you to the test.
 - c. You may bring with you a hat or scarf to wear over the head wrap once the electrode application has been completed.

Detailed instructions packets about your Ambulatory Video Electroencephalogram (AVEEG) will be mailed or email to you.

Please note: If you have not received a detailed instruction packet by the week of your appointment, please contact Mid Atlantic Epilepsy and Sleep Center reception desk at 301-530-9744.

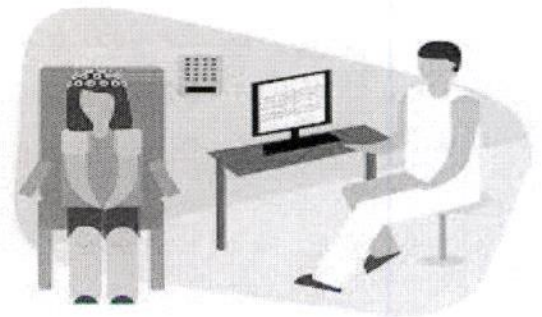
*You will undergo intermittent photic stimulation
a strobe light is placed in front of you.*



You may be asked to hyperventilate for 3 to 5 minutes.



*Then your brain's electrical activity will be recorded for a period of 20
to 65 minutes. During this time, you will remain in a reclining chair. Sleeping is
encouraged.*



*When the study is concluded, the technologist will remove the electrodes and the study
will be concluded.*

ARE YOU HAVING A ROUTINE EEG?

What is an EEG?

An electroencephalogram (EEG) is a test that detects electrical activity in your brain using small, metal discs (electrodes) attached to your scalp. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. This activity shows up as wavy lines on an EEG recording.



What to do to prepare for an EEG?

1. Wash your hair the night before using only shampoo and water. Do **NOT** use styling aides such as hair gels, mouse, hairspray or oils of any kind.
2. Eat normally and take regularly scheduled medications as prescribed unless directed otherwise by physician.
3. If the patient is a minor, a parent or guardian should stay with him/her at all times during the test.
4. If you do not speak English, it may be helpful to bring someone with you to assist with translation.



What to expect:

When you arrive for your EEG, check in with the front desk. Shortly, an EEG Technologist will take you back to the EEG lab. Once you are seated, the technologist will explain the procedure.

THEN your head will be measured for proper electrode placement.



The technologist will place 23 electrodes on your head and one on your chest.