

## **Northeast Regional Epilepsy Group**

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### **Patient Information for Video EEG Monitoring**

Welcome! Your doctor has requested that a test be performed called Video EEG monitoring (VEEG). This test is a powerful tool in the assessment and treatment of various seizure disorders. During this test, small electrodes placed on your scalp will detect electrical activity from your brain. This information will be stored in a computer. The period of monitoring in which you will be wearing the electrodes is typically 2 to 5 days.

You will arrive at the admitting office of the hospital at your designated time. You will be taken to your hospital room, where you may change into more comfortable clothing, if you desire.

The technologist will then begin applying the small electrodes to your head using a substance that may have a strong odor. The odor will be gone after a short period of time. The application and hook-up process usually takes 1 to 2 hours. This test is not harmful and is painless.

There may be an I.V. access applied to your arm at the doctor's request.

The EEG equipment will then be used to record your brain waves, and a video camera will record your body movements.

You will be visited daily by one of our epileptologists who will read your EEGs and keep you informed of your condition. The physician will discuss his finding with you and your referring physician.

When the physician obtains enough information from your monitoring, you will be discharged home with instructions.

This handout covers various aspects of the Video EEG test. Please review this information. It is important that you understand this material so that the most accurate and beneficial results will be obtained.

### **Preparing for the Video EEG monitoring test**

Prior to the video EEG test you should:

- 1) Wash your hair the night before using only shampoo and water. Do not use styling aids such as hair gels, mousse, hairspray or oils of any kind. These products can interfere with the electrodes and limit the usefulness of the test.
- 2) Eat normally and take your regularly scheduled medications as prescribed by your doctor unless directed otherwise by the physician .
- 3) If chloral hydrate is to be administered, DO NOT give your child anything to eat or drink for 5 hours before admitting time (except medication).
- 4) A parent or grandparent should stay with the child at all time. A folding bed will be provided for the family member
- 5) If you do not speak English, it will be helpful to arrange for someone to translate for you.
- 6) Prior to the day of admission, our secretary will give you your admission time and date.
- 7) Please go to the admitting office of the hospital at that time.

### **What you should bring**

You may wear your own clothing. Comfortable clothing such as sweat pants and a zippered sweatshirt is an option. Pajamas are also fine. Please bring shirts that button or zipper in the front, because you will not be able to take anything off over your head.

Bring games, books, cards, walkman, etc. to avoid boredom. A laptop computer is permitted, but cellular phones cannot be used in the hospital. There are televisions and telephones in the room.

You may bring your own blanket and pillows, if desired. It may make your stay more comfortable.

You will be served three meals a day, but you may bring your own between meal snacks as long as it adheres to any special diet that you may be on, and as long as it does not have to be refrigerated.

Bring shampoo and conditioners to wash your hair when the electrodes are removed.

### **For your safety**

To maintain seizure precautions, you may be required remain in your bed at certain times during your stay. This will be discussed with your physician.

Bedside rails may be up and padded. You would then have to call the nurse to escort you to and from the bathroom.

Showering may need to be postponed until after monitoring.

Additional safety measures may be ordered on an individual basis.

If you have any questions or concerns during your stay, please refer them to your nurse in the hospital or call our office.