

**Patient:** \_\_\_\_\_

**Physician:** \_\_\_\_\_

**Technologist:** \_\_\_\_\_

**Daytime Phone Number:** \_\_\_\_\_

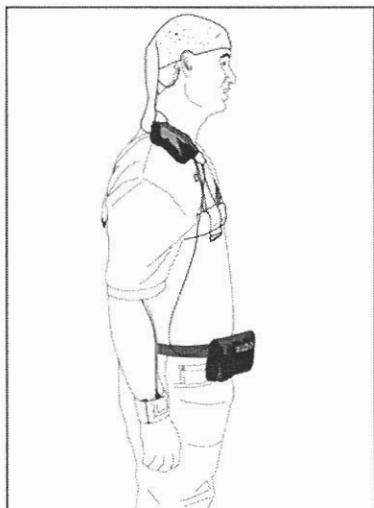
**Return To Clinic By:** \_\_\_\_\_

## **Before You Come In**

1. Wash your hair the night before the test. It must be dry and free from all gels, conditioners, sprays, and oils on the day of the test.
2. Wear a loose fitting, button-down style shirt with a T-shirt underneath. *NOTE: Nylon and satin clothing produce static electricity, which affects the EEG recording and should therefore not be worn. Natural fibers such as cotton are preferred.*
3. Unless otherwise instructed by your physician, continue taking your prescribed medications.

## At the Clinic

1. Please arrive at your scheduled appointment time.
2. The clinician will help you put on a shoulder harness and belt that will be worn over or underneath your shirt. The shoulder harness supports a connector for the electrodes. The recorder will be placed in a padded pouch that is worn around your waist.
3. Electrodes will be applied to your head. Note: other electrodes may be used during the course of your ambulatory recording, e.g., ECG electrodes for monitoring heart activity.
4. The clinician will connect the electrode wires (leads) to the recorder, clip the microphone (optional) to your shirt, and make sure the recorder is running correctly.
5. The clinician will show you how to operate the recorder and tell you when to return to the clinic.




*The shoulder harness and electrode connector are worn over or underneath your shirt. The recorder fits in a pouch around your waist.*

## Using the Recorder

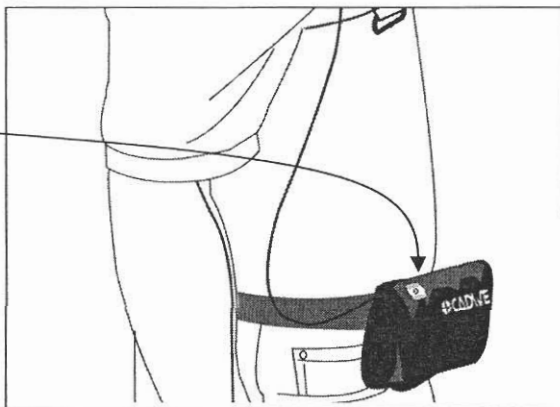
Many things can affect your EEG record, especially changes in activity and symptoms you experience during the test. You can keep a record of these events in one of two ways: verbally or with a written diary (located on page 5).

### Recording Events Using the Voice Recorder or Written Diary

To verbally record a change in activity or a symptom, press the button on the microphone (if attached) and briefly describe the event. You must keep the button pressed while you are talking. Voice events must be no longer than 10 seconds. Do not enter more than 15 events per hour.

If you are keeping a written diary, press the button labeled  on the recorder when you change activity or experience a symptom. Then, note the time of day and write a brief description of the event in your diary.


*If you are keeping a written diary, press this button on the recorder when you experience a symptom or change activity. Then note the activity in your event diary.*



## Patient Event Diary

Date/Time	Event
06:00	Eating Breakfast
07:00	Walking
07:30	Dizziness
09:30	Driving Car
10:00	Heart Pounding, nausea

## Symptoms and Activities

When you experience a symptom or begin an activity, press the button labeled  on the recorder. Note the following types of symptoms and activities:

- ✓ Seizure
- ✓ Dizziness
- ✓ Fainting
- ✓ Heart pounding
- ✓ Nausea
- ✓ Shortness of breath
- ✓ Pain
- ✓ Walking
- ✓ Sitting
- ✓ An electrode falling off
- ✓ Changes in emotion
- ✓ Medication taken during the test
- ✓ Driving



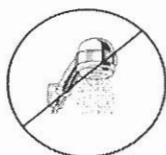
## Do's and Don'ts

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 clinician if you have any questions.

- Do not drop the recorder. The recorder is enclosed in a padded pouch.

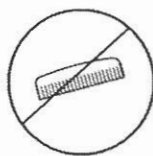


- Do not tamper with the recorder, electrodes, or electrode leads. Caution must be taken to ensure that cables do not encircle the neck or entangle the patient in any way.



- Do not get the recorder wet. You cannot take a bath, shower, or go swimming during the test.

- Do not brush or comb your hair. Electrodes could fall off and the test may need to be run a second time.



- Do not sleep with an electric blanket or on a water bed with the heater on. These items generate electrical fields that may interfere with the recording.

- Do not chew gum during the test.



- If an electrode falls off during the test, press the microphone button and record it; or, press the button on the recorder and note it in your diary. If it occurs during clinic hours, call your physician. You may be asked to return to the clinic so the electrode can be re-applied.

- Avoid activities that may cause excessive vibrations or jarring to the recorder; e.g., jogging, jumping, etc.