



Ambulatory Electroencephalogram (AMB EEG)

Your physician has ordered an Ambulatory EEG for you. The EEG is a recording of the electrical activity produced by the brain. The technologist will measure your head, and affix electrodes to your scalp with a water-soluble electrode crème and dissolvable adhesive tape. Your head will then be wrapped in gauze, to protect the electrodes. The application will take approximately 45 minutes. The procedure is painless. You will wear electrodes home and will return to disconnect at the next appointment. **Any weave, hair extensions or wigs MUST be removed prior to appointment.**

HOW TO PREPARE FOR AN EEG:

- **WASH AND DRY YOUR HAIR THOROUGHLY:** No hair products at all. Please wash your hair in plenty of time to assure it is dry at time of testing. For shoulder-length hair: please bring a hair tie.
- **WEAR A BUTTON FRONT SHIRT:** You may be able to change clothes during the duration of the test.
- **YOU WILL NOT BE ABLE TO SHOWER, BATHE, SWIM, CHEW TABACCO OR GUM DURING TEST**
- **BRING A WATCH OR A DEVICE WITH A CLOCK ON IT:** You will need to log certain activities accurately during these times: Eating, Bedtime, Time you wake up, Taking medications
- **YOU MAY BRING A CAP OR HAT:** This is not a requirement.
- **TAKE NORMAL MEDICATIONS:** Unless your doctor said otherwise. The technician will need to know medications you are taking, so please make sure to bring in a list.
- **PLEASE LIMIT CELL PHONE USAGE AND TEXTING:** Avoid turning cell phone on/off - the electrical surges interfere. NO Bluetooth or headsets allowed. NO headphones or ear buds allowed.
- **NO STRENUOUS ACTIVITY:** Sweating causes leads to fall off.
- **TREX PACK:** At night, you may place it next to your pillow. If you are a back sleeper, you can also sleep with it around your neck and rest it on your chest.
- Please bring credit/debit card when arriving for hook up appointment.

****YOU WILL BE REQUIRED TO KEEP A DAILY ACTIVITY LOG THROUGHOUT TESTING. THIS INCLUDES ACTIVITIES SUCH AS EATING, TAKING MEDICATION, AND SLEEPING. YOU WILL ALSO BE REQUIRED TO LOG ANY ABNORMAL SYMPTOMS OR ABNORMAL EPISODES, SUCH AS SEIZURES****

Your report will be available within 2-3 weeks. Please contact your referring doctor for results. Copies are available through your referring doctor. If you have any problems or questions during business hours (8am-4pm) you can call the office at (760) 631-3000.