Acct # _____

THE NEUROLOGY CENTER
OF SOUTHERN CALIFORNIA

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.

HOW TO PREPARE FOR AN AMBULATORY EEG:

- **A CREDIT CARD IS REQUIRED AT TIME OF CONNECT APPOINTMENT:** A loaner agreement will need to be filled out with your credit card information and will be signed. You may be held liable for potential damages to the machine that occur during testing.

- **WASH AND DRY YOUR HAIR THOROUGHLY**: Do not use any hair products at all. Please wash your hair in plenty of time to assure it is dry at time of testing.

- **ANY WEAVES, HAIR EXTENSIONS OR WIGS MUST BE REMOVED PRIOR TO APPOINTMENT.**

- **IF POSSIBLE, WEAR A BUTTONED-DOWN SHIRT**: This is to make it easier to change your clothes so that you don't need to pull clothing over your head and the electrode wires.

- **YOU MAY BRING A CAP/HAT/SCARF IF YOU WOULD LIKE TO COVER YOUR HEAD:** The hat must be big enough to easily fit over your head AND all of the electrodes.

- **TAKE NORMAL MEDICATIONS:** Unless your doctor stated otherwise.

- **AMBULATORY MACHINE/PURSE:** At night, you may place it next to your pillow away from the edge of the bed. Please make sure that it will not fall off your bed at night.

****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.

Updated 5/1/24 by Travis W.

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Ambulatory EEG Rules and Restrictions

All rules must be followed throughout the duration of the 24hr, 48hr, or 72hr ambulatory examination.

- If an electrode falls off, moves or becomes unplugged from the device, **DO NOT** attempt to put them back. Leave the electrodes as they are.
- No **showering**, **swimming**, **bathing** allowed with the exception of sponge baths.
- No **exercising** or activity that causes sweating.
- All EEG equipment must be kept dry from water, steam, or rain.

Eating:

- No **chewing/sucking:** tobacco, gum, sunflower seeds w/ shells, hard candies, lozengers, or mints.
- Do not drink excessive amounts of **caffeine**. 2 cups (16oz.) of coffee per day is acceptable, no energy drinks.
- In general, chewing food needs to be minimized as much as possible. **You are allowed to eat regularly, but any unnecessary eating or chewing should be avoided.**

Telephone:

- If talking on the phone, **speaker phone** must be used. Do not hold telephone near your head. It should be kept at arms-length away at all times.
- Sending **text messages** must be kept to the absolute minimum. (i.e., sending 1 or 2 text messages occasionally is acceptable, but do not send text messages constantly throughout testing.)
- Do not use cell phone while it's charging.
- No **headphones/ear buds** are allowed.
- All other uses of telephone are acceptable as long as telephone is kept at arms-length.

Electronics/Appliances:

- Maintain a 4 ft distance from electronics plugged in a wall outlet (excluding lights and medical equipment).
- **Laptops** can only be used if unplugged from electrical outlet.
- **TV/Video Games** are allowed to be used, but don't stand or sit directly next to them while they're on.
- **Tablets, E-Books, cellphones, handheld video game systems** are allowed, but don't use while they're charging.
- Don't use **electric blankets.**
- Any electric **recliner chair/couch/bed** must be unplugged if you're sitting in them. Or else you must stay away from them entirely.
- If using the **microwave, washer/dryer, or refrigerator**, please don't stand directly next to the appliances for long periods of time.
- Please be cautious & avoid all other electronics whenever possible.

Post-Test

- After electrodes are removed, there will be residual adhesive & paste in your hair. This can be removed with shampoo & conditioner.
- There may be small red sores where the electrodes were located. This is a result of the pressure of the electrodes on your skin. Any open sores should be kept clean & dry & treated with an over the counter first-aid ointment. Notify your doctor if there is any worsening of the sores.

For 48hr & 72hr tests only: Replace batteries every 24hrs Slide open cover on back of unit Discard old batteries

Install new ones, follow diagram in unit

CHANGE BATTERIES: _____ : _____