



Ambulatory EEG Procedure Preparations

In some cases, it may be necessary for an EEG to try to capture an “event” (seizure or spell) over a period of 24, 48 or 72 hours. This test is called an “**Ambulatory**” EEG (electroencephalogram). You will carry a “head box” in a fanny pack during the entire length of the test. This “head box” stores the brain wave activity recorded by the electrodes on your head/scalp. **This box cannot get wet.**

Before your test:

- Your hair must be clean for this test. No hair products should be used. Wear a button-down shirt.
- Wear the “head box” in your fanny pack on the side of your waist.
 - Takes AA batteries – you will need to change these every 36 hours. Extra batteries will be provided.
- **Do not get the “head box” wet at any time.**
- Record **any** events with the “push button” feature. Write these events on the activity log sheets.
- Do not exercise or do strenuous activity during the test.
- Relax, be sedentary and do quiet activities.
- If an electrode falls off/out, leave it off.

After your test:

- The electrodes will be removed at home by you after the ordered time frame. Remove the electrodes from the head box and wet down your hair. Wrap a towel around your head for 10-15 minutes. The water will help loosen the paste and the electrodes can then be picked off. You can then wash your hair to remove any remaining glue, gel or paste from your hair. Resume your normal activities.
- If you stopped any of your medications prior to your test, ask your doctor when you can restart them.
- Please return the head box and electrodes to the office on the next business day.

Dr. Jochims will communicate your test results to both you and your referring physician. Results will be available in approximately 7-10 days after your test.

My appointment with: **Neurological Wellness Clinic, (262) 522-3070**

Procedure: Ambulatory EEG

Ordered by: Dr. Sean A. Jochims

Name: _____

Date: _____ **Time:** _____ PM / AM

Location:

2347 Silvernail Road – Pewaukee (Waukesha)

Other location: _____