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12 Hour Video EEG Instruction Sheet

Your doctor has ordered a 12 hour Video EEG, which is a little different than the regular EEG you had done in our office. You will arrive in our office and have the EEG electrodes attached to your head, then you'll stay in one of our rooms for 12-1/2 hours. You may also have a camera recording video during that time period, depending upon what your doctor has ordered. At the end of the study, we will unhook the equipment and you can go home. The following tips will ensure that your 12 hour test records well and we get the best results possible:

1. You need to arrive on time for your appointment with **clean** and **completely dry** hair. No hairspray, mousse, gel, oil, or any other products should be in your hair. You need to remove any braids or hair weaves prior to arrival and make sure that you've washed away any scalp oils. If your head is not completely clean and free of braids/weaves, we cannot paste the electrodes to your head and you will have to reschedule.
2. Allow 1 hour for the technician to hook-up your 12 hour EEG. It is a detailed process and we want to ensure that we get a high quality study. Listen carefully to any instructions given to you by the technician.
3. If the patient is a minor child or an adult with memory issues or dementia, a family member or friend needs to stay with them at all times. We do not have staff members available to sit in the room with the patient for the duration of the testing.
4. You will need to make sure you do not get the equipment wet. Keep food and drinks way from the wires and the box.
5. If you need to move from the room to go to the bathroom or use the microwave, let a staff member know and they will help you unhook the equipment properly.
6. In the unlikely event that a lead comes unhooked from your head, let a staff member know so it can be reattached.
7. Bring something to eat and drink, this will be a very long day!
8. You may want to bring reading material and/or plan to watch Netflix during your stay.

We understand your hesitation to being in our office for 12 hours, however, it truly is the best way for your doctor to understand what is going on with you. With your help, we can ensure the best recording possible!

Appointment Date: _____

Appointment Time: _____

Cary - 251 Keisler Drive Suite 100 • Cary, NC 27518

Sanford - 101 Dennis Drive • Sanford, NC 27330

Pinehurst - 295 Olmsted Boulevard, Suite 12 • Pinehurst, NC 28374