

## **72 Hour EEG Patient Instructions**

Wearing the Ambulatory EEG equipment for 72 hours is a big commitment on your part and we want to ensure that we obtain the best recording possible!

### **The following tips should help you have a successful test:**

1. Do not get the equipment wet! Be prepared to take sponge baths for the duration of the test and avoid being in the rain.
2. It is VITAL that you make it a point every morning to replace the batteries in the Headbox (white box that all the wires go into) as well as the Infrared box on the camera. Your Tech showed you how to get into the boxes and replace the batteries but have someone help you if you need it. Once you have replaced the batteries in the Headbox, make sure the yellow light on the side is flashing. Check that light every few hours to make sure it is still flashing. Call our office if you have any questions about this.
3. It is important that you have the camera facing you and recording at all times, except when you are in the bathroom or changing clothes. Place the camera in a corner of the room where it can see the whole room, no matter where you are sitting. We can always zoom in closer to you later when viewing the recording. Make sure it is on a stable surface and will not fall off. The camera must be plugged into the wall outlet and the LCD screen must be open while recording. You must open the camera screen and press the record button to begin the recording. If you close the screen, you stop the recording. Your Tech showed you how to start the recording during your set-up but have someone help you if you need it. If you move to another room, take the camera with you and set it up just like you did in the first room! Don't forget to set the camera up to record you when you are sleeping. Call our office if you have any questions about this.
4. The Infrared Light needs to be on the camera in order for the camera to be able to see you in the dark while you're asleep. Again, be sure to change the batteries every morning! Be sure that it is set up and the switch on the side is ON. Push the Nightshot button next to the camera screen to enable the night recording. Your tech showed you this during your set-up but have someone help you if you need it. You will need to have a light on in the room in order for the camera to see you. Look at the screen once you're ready for bed to make sure that the camera can see you. If the room is dark in the screen, then the infrared is not turned on, the batteries are dead, the Nightshot button was not pushed OR you do not have on any ambient light. Call our office if you have any questions about this.
5. Turn off the Nightshot Button in the morning.
6. When you are ready to return to our office to have the EEG equipment removed, carefully pack the camera equipment back into the protective case provided and bring it with you. Please do not forget the power cord!

With a little planning and special care taken with the equipment, we can get an excellent 72 hour video EEG recording for your doctor to use in diagnosing your situation.

**Please call our office at if you have any problems or questions!**

**Steps for Setting Up The Video Camera:**

1. Get camera out of case and spread apart the tripod legs. Set on sturdy surface.
2. Plug power cord into back of camera and into the wall outlet.
3. Open up the camera's viewing screen.
4. Make sure you will be in the camera's view.
5. Push the RED BUTTON and look for it to say Rec at the top middle of the screen.

**Setting Up the Video Camera at Night:**

1. Move camera to where it will record you while you're sleeping.
2. Plug power cord into the wall.
3. Open up the camera's viewing screen.
4. Make sure you will be in the camera's view.
5. Make sure the Infrared Box is turned "On". The Button should be in the UP position to IR ON.
6. Make sure the Infrared Box has power. The light indicator next to the battery sign will be lit.
7. Press the Nightshot button next to the camera screen. Your screen should change to a green glow and will say Nightshot.
8. Press the RED BUTTON and look for it to say Rec at the top middle of the screen.

***Turn off the Nightshot in the morning or your video will be green during the daylight!***

***Do not forget to change the batteries in both your Headbox (the white box with the wires coming out) and your Infrared Box (on the camera) every morning!!!***

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