

LONG TERM VIDEO MONITORING

About the Test:

Video-EEG (electroencephalogram) monitoring is done to help:

- Find out if you have epilepsy.
- Locate which area of the brain the seizures are coming from.
- Decide which treatment options are best for you.

The EEG portion of the test looks at the electrical activity of the brain. The brain sends messages to the body in the form of electrical activity through nerve pathways. A seizure occurs when an abnormal burst of energy interrupts the normal electrical activity in the brain. How you react depends on the area of the brain where the seizure occurs.

A video recording shows how your body responds during a seizure. To obtain the detailed information that will help guide your care, both tests are done together.

Getting Ready

The Testing:

- Requires a in-office all day stay.
- Can last from about 1 to 3 days (varies for each patient)
- Is done in a private bedroom setting in our office using special monitoring devices.

Day of Your Testing:

Be sure to shower and wash your hair on every day of your stay.

Do not use any oils, sprays, or conditioners on your hair. Any hair weaves should be removed before you come to the office. Avoid food items with caffeine for 8 hours.

Please review this document. It will tell you what to expect during your stay and the test itself. If you have any questions, please contact the Neurodiagnostic Tech at 910.235.0595x83.

Cary – 251 Keisler Drive, Suite 100 Cary, NC 27518

Sanford – 101 Dennis Drive Sanford, NC 27330

Pinehurst – 295 Olmsted Blvd, Suite 12 Pinehurst, NC 28374



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During the Test

You may rest in bed or sit in the chair. Your activity is limited by the wires connected to the computer. You must stay in **full view** of the camera at all times (except when in the bathroom).

To help assure accurate test results, please make sure that you or your visitors do not touch the:

- Dressing on your head
- Electrodes
- Wires

It is also important to:

- Always ask for help if you need to leave the room. You are free to move around the room but cannot leave without assistance to un-hook your cable.
- Please do not chew gum or suck on hard candy. This is for your safety in the event of a seizure. This can also interfere with the EEG tracing.
- You may be fitted with a head dressing to cover the electrodes. Please do not touch or adjust the electrodes or dressing. If it feels loose or changed in any way, tell the tech.
- Please do not pick, scratch, pull or play with the wires around your head. This can make the tracing hard to read.
- Push the event/call button as soon as you note any symptoms
- Let your visitors know that we are recording audio and video and to please not stand in front of the camera.

Frequently Asked Questions:

Question: What do we do for food while we are staying there?

Answer: You are welcome to bring your own food and snacks from home. We do have a refrigerator, microwave, water cooler and Keurig coffee maker available for your use. You can also order food to be delivered by a local restaurant or off an app like Doordash, Postmates etc.

Question: What is there to do while in the room?

Answer: You are welcome to bring any devices you'd like such as cell phones, tablets, laptops. We offer WiFi (password is mydoctor) and your television offers Netflix. If you have any books, crossword puzzles, needlepoint, work related things or homework you'd like to catch up on that's also an option.

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Frequently Asked Questions (Continued):

Question: How long am I going to be there for each day?

Answer: You will arrive at the scheduled appointment time (either 8am, 9am or 10am). Once you are all hooked up and the test is ready to begin is when your recorded time starts. You will need to have a minimum of 12.5 hours recorded time. Taking bathroom breaks (disconnecting from headbox) will NOT count towards your recorded time. You will have enough slack to move around your whole room without having to unhook from the headbox.

Question: Am I allowed to have company?

Answer: Absolutely! You are welcome to have people visit you or even stay with you all day, on each day you will be staying with us.

Question: Do I need to wash my hair before returning for the next study to start?

Answer: Yes, the tech will need clean, dry hair to work with in the morning. You will have paste that is going to be on your scalp, the best way to remove it is to take a shower with the water as warm/hot as you can stand it and remove majority of the paste first. Then follow with your shampoo/conditioner regimen.

Please make sure that your hair is loose and free, meaning no extensions/weave or braids in your hair. The electrodes need to be in in specific places on your scalp and having these in your head keeps the tech from not having proper placement.

Staying with us is like staying in a hospital room, but the room is made to make you feel as at home as possible. Thank you for taking the time to read this and we look forward to accommodating you during your stay.

*If you have any questions, please contact our Neurodiagnostic Technologists at
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