

Instruction Sheet and Log Diary

Please drop off the device as instructed below

You **MUST** drop
off the device
on the
explained date
and time.

(Delays in dropping off may result in losing all acquired data.)

- **DROP OFF:**

Please REMOVE THE SETUP BY CUTTING BANDAGE STRAP AT HOME BEFORE
DROPPING OFF THE DEVICE

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THIS DEVICE TRACKS PRECISE LOCATIONS DURING THE ENTIRE RECORDING TIME UNTIL YOU DROP THE DEVICE OFF.

What is an Ambulatory EEG?

Ambulatory EEG is a test of your brainwave EEG.

Unlike the routine EEG, which is typically done in the office and only lasts 20-30 minutes, the ambulatory EEG is performed in the comfort of your home and is typically run for one to several days.

Ambulatory EEG instructions (While at home/ On the floor in Hospital)

DO's

- Please remain indoors when possible and stay out of the heat while wearing the ambulatory EEG.
- Unless your doctor has instructed you otherwise, continue taking all your prescribed medications, especially your seizure ones.
- Please note each medication on the patient log sheet and when it was taken during the testing.
- Press the event button during or immediately after you experience any kind of symptom. If you are running late in pressing the button, it is better to push it as soon as possible than not at all.
- **Please text the description of all your events at 437 291 0456**
(This number must not be used; in an emergency, call 911.)

Please include

- the date,
- time of the day and
- What happened when you pressed the button?

Alternatively

- Please fill out a log sheet for all events in question. Please include the date and time of day of your symptom(s) on this sheet, and note if you pressed the button or pressed it late after the episode.
- Please include the log sheet when you come to drop off or ship the device.

Don'ts

- **Do not shower, swim, wash your hair or submerge the equipment in the water.**
- Do not chew gum or suck on hard candy.



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- Please do not remove the head wrap while the test is running. This helps keep the electrodes in place.
- Avoid static electricity.
- Avoid activities that make you sweat.
- Avoid working on or being near any electronic devices plugged in or charging.
- Avoid talking on or being near a phone that is being charged/plugged in.
- Avoid touching the electrodes, head wrap, or unplugging the EEG electrodes from the recorder device.
- **The equipment is costly! Please avoid banging the equipment; do not allow it to get wet or make any adjustments to the equipment parts.**

After the test

- After removing the EEG electrodes, clean each spot on the scalp where an electrode has been applied with warm water.
- We advise you to wash your hair when you return home.
- The best way to clean your hair after the test is to apply a hair conditioner and comb your hair to remove any leftover debris.
- Once you have removed the debris, you can wash and recondition your hair.
- **EEGs are generally relatively safe, although the prolonged application of the electrodes can cause skin irritation and breakdown in some individuals. Should this occur, keep the area clean and dry and apply Vaseline or Neosporin one to three times daily for two to three days. Tell your doctor if skin irritation doesn't go away after several days.**
- Video and EEG information is collected on a computer, which a Neurologist interprets.
- The interpreting physician will compose a detailed report, which will be sent to your physician.

If you encounter any difficulties, please call or text at (437)291-0456.



Tele-N-Cephalon
Diagnostics Anywhere

Ambulatory EEG

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www.neuro-diagnostics.ca

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Date & Time	What did you feel?	Why did you press the button?

