

Neurological Institute of Northern New Jersey

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Preparation for 48 or 72 hour Ambulatory EEG

When coming in for an ambulatory EEG “hook up” make sure you have the following:

*CLEAN DRY hair, no styling products. (i.e. gel, hairspray, hair grease, etc)

*Remove all braids, extensions and/or weaves.

*When washing your hair the night before or day of, only use shampoo, no conditioner.

*Wear a button/zip up shirt, the leads are attached to a backpack and shirt cannot be lifted over the head.

*You may want to bring a scarf or hat to cover the electrodes on your head.

*You are to take your medication as directed. Do not stop any medication, unless directed by your doctor.

Additional Instructions:

- No chewing gum, no showers or bath.
- Once you are connected to the computer, periodically check your timer. LOOK AT THE TOP RIGHT HAND CORNER. That timer is ongoing until your test is finished.
- AVOID DROPPING OR BANGING THE TABLET ON ANY HARDSURFACES. THAT WILL INTERRUPT YOUR TEST.
- If you are having any concerns, IMMEDIATELY give us a call. PLEASE DO NOT PRESS THE EVENT BUTTON.
- Applying the wires to your head can be done with Collodion glue or with EC2 electrode cream. If the collodion glue was used, you will be given the collodion remover. IF the EC2 electrode cream was used, you will only need to use warm tap water to remove.
- Verbal instructions for how to remove wires will be given by your technician.
- PLEASE AVOID GETTING THE COLLODION REMOVER ON ANY SURFACES. Example: furniture, glasses, phones, etc., this is for external use only.
- DO NOT CUT THE WIRES OR WET THE COMPUTER.
- DO NOT REMOVE WIRES FROM THE COMPUTER.
- To avoid any inconvenience, PLEASE return your ACTIVITY LOG SHEETS and the WIRES WITH THE COMPUTER NO LATER THAN 10:00 am.
- • For weekends only call the TECHNICIAN at between 8:00 am – 4:00 pm.