

# UNITED HOSPITAL CENTER PATIENT EDUCATION

## AMBULATORY EEG



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for a 24 hour EEG.

The technician will show you how to wear the monitor on a belt or over your shoulder after attaching the various leads to your head. You will need to wear a shirt that buttons up the front. If one of the leads becomes loose during the 24-hour period, secure it with a piece of tape. If your monitor is equipped with an event button, the technician will show you how to press it should you experience any symptoms.

While wearing the monitor, you can perform most of your usual activities. You'll even wear it to bed. You will be asked to follow the safety measures listed below.

- DO NOT** get the monitor wet—don't shower, bathe, or swim with it on.
- DO NOT** sleep in a waterbed.
- DO** wash hair with dandruff shampoo prior to exam.
- NO** caffeine is allowed.
- NO** chewing gum during exam.
- NO** electric blanket.
  
- AVOID** vigorous activity, because you may sweat profusely and this can cause the electrodes to loosen or fall off. This may result in needing to repeat the exam.
- AVOID** the use of heavy machinery.

Your physician will ask you to keep a diary of your activities and feelings while your are wearing the monitor. This diary will help your physician establish a connection between your monitor tracing and your activities and feelings. The following is an example of how you may want to set up your diary entries.

<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>MEDICATIONS</u>
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Revised: October 2009