THE CHILDREN'S HOSPITAL OF PHILADELPHIA
EEG LAB
AMBULATORY PATIENT INSTRUCTIONS

The box that your child is carrying contains a microcomputer, which will be recording the brain activity for up to 24 hours.

For a successful test, the electrodes must remain firmly attached. Here are a few things to remember:

Do not wear a pullover shirt. DO wear a shirt that is either button down or has a zipper.

Do not chew gum or eat hard candy.

Do not scratch your head or put anything on your head such as a hat.

Do not pull on the wires.

Do not mishandle the box.

Do not take a bath, shower or get the wires or the box wet.

Do not remove the electrode cable from the box.

Do not play any type of sports.

Please try to keep your child in a relatively calm environment.

You must return on the days that you are required to come back to the lab for regel or disconnect. If you do not, there is the potential for the data acquired to be compromised and subsequently lost. This test is very time sensitive and it is extremely important that you arrive on time, each day of your scheduled visit.

Times to press the event button and write in the diary:

If your child has an aura or you see the onset of a seizure or the spell that you are trying to capture.

Additional times to write in the booklet:

When going to sleep or waking up

If you notice any problems with the machine or electrodes coming off or loose, let the technologist know upon your return to the lab the next day. This is not considered to be an emergency. Please do not call the office after hours. The office closes at 4:30pm; no one is here to take your call. If you find that you still need assistance after hours, please call 1-215-590-1000 and ask for the Neurologist on call. If your study was performed at the Bucks County Chalfont office, please ask for the Neurologist on call for that site.

If at all possible, please find alternative care for siblings, as you will be spending approximately 2-2.5 hours in the exam room for set up and disconnections.

Please report to the EEG lab on 6 wood, Room #6349 if your child is scheduled for a regel or disconnect on a Saturday or Sunday. When you leave on Friday, the EEG staff will provide you with a beeper number of the EEG technologist that is scheduled to work. We may ask for your cell number
also. The EEG technologist may be in the main hospital and not in the EEG department when you arrive. If so, please call the number and put your cell number in so they may call you back. If contact is not made after a few attempts, **DO NOT** leave the hospital. Please go to the information desk in the main building, 1st floor and ask the operator to page the neurology resident on call who then can contact the EEG technologist.

**Possible side effects or issues that may arise while your child is having this study done:**

1. Complaining of headaches. Ambulatory EEG does not cause headaches. They may feel pressure from the electrodes on the head and numerous layers of bandages covering them. If you think that the bandage is too tight, you can loosen it or cut it off. Just be careful not to cut any wires.
2. If you have done the above and your child still complains of a headache, do what you normally would do for your child’s headache.
3. If you feel the need to end the study immediately, you can cut the head wrap off and remove the electrodes one at a time. Please use an acetone based nail polish remover to lift off the gauze and the electrodes.
4. Make sure all pieces of equipment are returned properly the next day at your appointment time.
5. Ambulatory studies **DO NOT** cause the following signs:
   a. Dizziness
   b. Blurred vision
   c. Vomiting
   d. Lethargy
   e. Pain in any part of the body
   f. Head swollenness

You may notice marks on your child’s head once the electrodes are off. The severity of the marks depends on the length of the time the head was being monitored and your own child’s skin texture. Fair or thin skinned heads tend to have areas that have the greatest percentage of indentations left behind. You may notice the shape of the gold electrode on the forehead area, redness, puffiness and even slight blisters/scabs. This is all from having the electrodes on the head and being wrapped. No air gets in. This is normal. The longer the study is, the more severe the area may look. We suggest using Neosporin on the areas in question. The marks can take up to 2 weeks to vanish. Of course if you still have concerns, please call your pediatrician.

Ambulatory studies can be viewed from a child’s eye as very annoying and uncomfortable. The EEG lab will try to make your set up time as comfortable as possible.

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**Please come to the 6th floor of the Wood building for your appointment on:**

***PLEASE NOTE***
If your insurance requires referrals, please obtain two, made out to:

- CHOP EEG
- CHOP Professional Fee

If you are unsure if your insurance requires referrals for testing, please contact your insurance company as they are the most accurate source for this information.

Revised 4-17-09