

## Outpatient Adult Video EEG (Electroencephalogram) 20 S. Park Neurology

Name: \_\_\_\_\_  
Appointment date: \_\_\_\_\_  
Appointment time: \_\_\_\_\_

### What is an EEG?

This test helps us to find out more about the kind of seizures or events you are having. During the test, a camera records your behavior. This is paired with an EEG recording of your brain wave activity. Sometimes, movements may look like seizures, but they are not. If you have seizures, this study will help us learn how strong they are and how often they occur. It will also help us find out what part of the brain the seizures are coming from.

This test will also help us decide if you are having **silent seizures**. These are seizures that occur without any physical signs. Changes can be seen on the EEG with this type of seizure.

The test is painless. There will not be any shots or special medicines used. Small metal disks will be placed on your scalp. Your hair will be moved out of the way. These disks will be held in place using special paste made just for this test.

### Insurance

This test may require pre-authorization from your insurance company. Not all insurance plans will cover this test. Please call your insurance to find out if this test is covered. You may also need a referral from your primary doctor. If so, ask your primary doctor for this and send it to the insurance company. This will need to be done as soon as possible. It often takes 2-4 weeks to find out about coverage. Your insurer will contact you after they make their decision.

### Getting Ready for Your EEG

- Please bring with you any items to keep you busy such as books, cross word puzzles, cell phone and iPad. If you bring electronics, please be sure to bring your chargers.
- If the test is ordered as “Sleep Deprived,” stay awake from midnight to the time of the test. You need to avoid caffeine during those hours, but you can eat and drink.
- Do not use any products that help you stay awake.
- Do not sleep close to the exam start time if it is a “sleep deprived” study.
- Make sure your hair is clean and dry with no mousse, gels, oils, wax, or grease in hair.
- Remove any hair weaves before the EEG.
- You will remain in the EEG room for the entire test.
- You will be able to use the bathroom which is just outside the room.
- You are allowed to bring one support person (16 years or older) with you. They can stay in the EEG room with you.
- Do not bring children to the test.
- You can bring bottled water and a snack.

### Arriving for Your EEG

- Arrive 15 minutes before the test so you can check-in.
- Park in the 20 S. Park visitor surface parking lot and enter the North Building. The building is on the corner of Park St. and Regent St.
- Stop at Registration on the main floor to check-in.

- Your EEG will be in the Neurology EEG lab, 2nd floor, Room 202.
- Your outpatient video EEG may take 1 to 4 hours.

### **After Your EEG**

When the test is done, the disks will be removed with warm water. If you find any residue left in your hair, wash with shampoo to remove it.

### **Results**

The final report on your EEG will be sent to your referring and/or primary doctor within a few days. Your doctor will discuss the results of the test with you and recommend treatment, if needed.

### **Who to Call**

HMO desk  
(For questions about insurance)  
**(608) 263-8773**

20 S Park Neurology EEG Lab  
(For questions about the EEG test)  
**(608) 287-2090**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8260.