

## Adult Inpatient Video EEG Monitoring

You have been scheduled for an EEG on \_\_\_\_\_ at \_\_\_\_\_ am/pm. Arrive at the Admissions desk 30 minutes before the test. They will direct you to D6/4 EMU – Epilepsy Monitoring Unit.

### Before the Procedure

If you have any special needs, please call the staff in Neurology at **(608) 263-8380**.

### Insurance

Please call your insurance to find out if this test and hospital stay is covered. Some do not cover it. You may need a referral from your primary doctor first. If this is the case, ask your doctor for the referral letter right away. It often takes your insurance 2-4 weeks to decide on coverage. Feel free to contact the Admissions desk or Epilepsy Clinic if you have any questions or need help. This process can be very complicated.

### What is video EEG monitoring?

A video EEG helps us to find out more about the kind of seizures you have. A camera records your behavior. This is paired with an EEG recording of your brain waves. Some movements may look like seizures, but they are not. This study will help us learn how strong the seizures are and how often they occur. We are also looking at what part of the brain the seizures are coming from.

This test will also help to decide if you are having silent seizures. These occur without any physical signs, but changes can be seen on the EEG.

This test will take place in the hospital and can take between 1-5 days to complete.

### The Day of the Test

Once in your room, an EEG tech will go over the test with you. You may choose to wear a hospital gown or your own clothes. Your shirt or blouse must button or zip in the front. This makes it easier to change when the EEG wires (leads) are in place. Wash your hair the night before the test. Please avoid any hair conditioners, gels or sprays. In order to obtain the best test results, your medicine will likely be reduced. We may ask you to go without sleep in order to start a seizure. You may want to bring items to pass the time like books, videos, puzzles, or games. There is free Wi-Fi and you may bring a cell phone and other electronic devices for use, don't forget to bring your charger! You may also want to bring your favorite pillow.

### Getting Ready

Wires will be secured to your head. They will be wrapped with gauze to keep the wires from getting tangled or pulled off. A neurologist who will take part in your test will see you.

### Monitoring

A camera and a microphone are mounted on the wall of your room. Audio and video recording will begin right away. The EEG staff will watch you and the EEG from another room. You will have an IV line placed in one of your arms in case you need IV seizure medicines. Your normal seizure medicines will be decreased to help start a seizure and you may be deprived of sleep. **This can result in more severe and/or more frequent seizures. If this occurs, your doctor will decide what treatment is best for you.**

### **Working with Staff**

If you feel a seizure coming on, you will be asked to tell the staff by pressing an event button. If you have an adult family or friend with you, they will be asked to press the event button when they see a seizure occur. Please let us know if the event you are having is typical or not. This will help the doctor review and interpret the results.

You will be confined to your room. This includes your bed, the area around the bed, and the toilet and sink area with a privacy curtain. You may have a seatbelt placed around your waist while in bed or in a chair for safety. A TV and radio with local channels are in each room. You may request a cot in your room for a family member or friend. Your overnight guest will be able to use the TLC family showers as needed. A small light is left on in the room all night so you can be seen clearly in the video. You will eat your meals in the room. Friends and family may bring their own food or order from the cafeteria and have the food brought to the room. They must have the exact amount to pay for it.

### **After the Test**

Your doctor may see a part of the EEG and be able to give you some results. Formal results are most often ready in 1-2 weeks. When you get home, call to schedule a clinic visit to review the results with your neurologist. Your seizure medicine will be resumed before you go home. When you go home, you will need to have someone stay with you the first night in case you have increased seizures or any other problems.

### **When to Call**

If you have any questions about the test, please call the clinic nurse or talk to your nurse while you are in the hospital. If you need to change the date or time of the test, please call your epilepsy nurse.

### **Who to Call**

Comprehensive Epilepsy Clinic  
**(608) 263-5442**

Admissions Desk  
**(608) 263-8770**

If you live out of the area, please call **1-800-323-8942**. Ask for the Epilepsy Clinic Nurse.

The Spanish version of this *Health Facts for You* is #5480s

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

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 © 2/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5480.