

**Outpatient Video EEG Adult (Electroencephalogram)**

Name \_\_\_\_\_

Appointment Date \_\_\_\_\_

Appointment Time \_\_\_\_\_

**Arriving for your EEG**

- There are volunteers at the main desk who can direct you.
- Your EEG appointment is in the EEG lab, J module/2<sup>nd</sup> floor
- You must stop and register 15 minutes before your scheduled visit. Registration is on the main floor as you make your way on ‘Main Street’ to the EEG lab in the J module. Follow ‘Main Street’ towards the H elevator lobby. Registration will be on your right-hand side. After registration, continue right on ‘Main Street’ through the H elevator lobby to the J lobby. Please check in at the EEG desk.

**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 glue, made just for this test.

A gel (salt jelly) will be placed in each disk. The gel allows us to pick up your brainwaves. We will wrap your head and the wires with a gauze bandage to keep them secure for the day.

**The time needed for an outpatient video EEG may be from 2 to 8 hours.**

- Try to arrive 15 minutes before scheduled test time.
- Please bring with you any items to keep you busy such as books, cross word puzzles, movies, videos, and other such things.
- Your hair **must** be clean for this test. Wash it the night before or in the morning and do not apply a lot of conditioners, gels, or sprays.
- If the test is ordered as ‘Sleep Deprived’, try to stay up as late as you can the night before. Do not use any products that help you stay awake. See the *Health Facts* for Sleep Deprived EEG #4207.

- You will be in a large, comfortable room for the day. There will be a TV/VCR/DVD along with a Play Station for games in the room.
- You will be asked to stay in this room for as long as the test takes except to use the restroom which is just outside the room.
- You need to have a support person with you during this test. This person will be given breaks when needed.
- You may purchase food items from the cafeteria or you can bring your own snacks from home.
- When the test is complete, the disks will be removed with a mineral-oil based remover. Your hair will be somewhat oily when you leave. This will shampoo out. You may choose to have the disks removed with nail polish remover to avoid the problem of oily hair. This has a strong odor. We will not use it unless you ask for it.

### **After the Procedure**

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

### **Insurance**

This test may require pre-authorization from your insurance company. Not all insurance companies will pay for this. Please call your insurance to find out if this test is covered. You may also need a referral from your primary doctor.

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 © 6/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6449.

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. The insurance company will contact you after they make their decision. Because this process can be very complex, feel free to contact the HMO desk at **(608) 263-8773**, if you have any question or need help with your insurance.

### **Phone Numbers**

If you have any questions about the test, please call

EEG lab at **(608) 263-8483**

Comprehensive Epilepsy Clinic Nurse at **(608) 263-2534**.

To change the date or time of the test, please call the program nurse at **(608) 263-2534**.

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

### **Questions or Concerns**

If you have any questions or if you need to change the date or time of the test, please call the EEG lab at (608) 263-8483.

If you live out of the area, call 1-800-323-8942. Ask for the EEG lab.