



PATIENT INFORMATION FOR VIDEO EEG MONITORING

VIDEO EEG MONITORING

Your doctor has requested that a test be performed called inpatient Video EEG monitoring (VEEG). This test is a powerful tool in the assessment and treatment of various conditions. VEEG monitoring is performed in the hospital with the goal of more clearly defining the type or types of events you are having. VEEG monitoring typically takes 3-7 days for adults and 2-4 days for children, but can end sooner or later depending on whether or not you have some of your typical events.

You will be admitted to a private room in the Epilepsy Monitoring Unit. During this test, small electrodes placed on your scalp will detect electrical activity from your brain. This information will be stored in a computer. The electrodes have wires extending from them. These wires will be connected to a transmitter that is about the size of a book. Attached to the transmitter is a long cord that goes into the wall and connects to the computerized recording system. The recording system will have a digital camera. The camera is turned on and records, along with the EEG recording, 24 hours a day. We ask that you or a family member push the seizure-alert button whenever you have a seizure.

Most insurance plans have a benefit covering VEEG. Our Epilepsy Center will get precertification or preauthorization for the admission. However, insurance companies do NOT guarantee payment. It is important that you check with your insurance company to see what your coverage is, so that you know what your out-of-pocket expenses might be.

This handout covers various aspects of the Video EEG test. We hope the following information will help you in planning for your upcoming VEEG monitoring stay. We will be happy to clarify or answer any other questions you may have. Call us at 732 414-8585 or 856 677-3333 if you need more information.

PREPARING FOR THE VIDEO EEG MONITORING TEST

Prior to the video EEG test you should:

- 1) Wash your hair the night before using only shampoo and water. Do not use styling aids such as hair gels, mousse, hairspray or oils of any kind. These products can interfere with the electrodes and limit the usefulness of the test.
- 2) Eat normally and take your regularly scheduled medications as prescribed by your doctor unless directed otherwise by the physician.
- 3) If chloral hydrate is to be administered, DO NOT give your child anything to eat or drink for 5 hours before admitting time (except medication).
- 4) A parent or grandparent should stay with the child at all time. A folding bed will be provided for the family member
- 5) If you do not speak English, it will be helpful to arrange for someone to translate for you.
- 6) Prior to the day of admission, our secretary will give you your admission time and date.
- 7) Please go to the admitting office of the hospital at that time.

WHAT YOU SHOULD BRING

You may wear your own clothing. Comfortable clothing such as sweat pants and a zippered sweatshirt is an option. Pajamas are also fine. Please bring shirts that button or zipper in the front, because you will not be able to take anything off over your head.

Bring "quiet time" activities, such as books, puzzles, cards, etc. A laptop computer is permitted, but cellular phones cannot be used in some of the hospitals. There are televisions and telephones in the room.

You may bring your own blanket and pillows, if desired. It may make your stay more comfortable.

You will be served three meals a day, but you may bring your own between meal snacks as long as it adheres to any special diet that you may be on, and as long as it does not have to be refrigerated.

Bring shampoo and conditioners to wash your hair when the electrodes are removed.

Bring your medications in properly labeled prescription bottles.

In general, items of value should be left at home.

WHAT TO EXPECT DURING MONITORING

On admission day please arrive at the admitting office of the hospital at your designated time. You will be taken to your hospital room, where you may change into more comfortable clothing, if you desire.

The technologist will then begin applying the small electrodes to your head using a substance that may have a strong odor. The odor will be gone after a short period of time. The application and hook-up process usually takes 1 to 2 hours. This test is not harmful and is painless.

There may be an intravenous access applied to your arm at the doctor's request.

The EEG equipment will then be used to record your brain waves, and a video camera will record your body movements.

You will be visited daily by one of our Epilepsy specialists who will read your EEGs and keep you informed of your condition. The physician will discuss his finding with you and your referring physician.

When the physician obtains enough information from your monitoring, you will be discharged home with instructions.

FOR YOUR SAFETY

To maintain seizure precautions, you may be required remain in your bed at certain times during your stay. This will be discussed with your physician.

Bedside rails may be up and padded. You would then have to call the nurse to escort you to and from the bathroom.

Showering may need to be postponed until after monitoring.

Most of the time you will need to stay in the bed. A chair can be set next to the bed so that you can sit on occasion. Whenever you get out of bed, someone should be standing by you, in case you have a seizure. You will not be able to leave your room while you are being monitored. It is important that you stay in view of the camera at all times. (There is no camera in the restroom.)

Additional safety measures may be ordered on an individual basis.

If you have any questions or concerns during your stay, please refer them to your nurse in the hospital or call our office.