



Preparing for Your 72-Hour Ambulatory EEG

Your neurologist has either ordered or is considering ordering a 72-hour ambulatory EEG. During this test, 24 electrodes will be attached to your head using a special paste, a head stocking to cover all the electrodes and keep them secure, and two small packs that attach to your waist or chest. These packs will contain the recorder where data and the electrode cords are stored.

This test is significant because it will help diagnose what could be causing your symptoms. The electrodes attached to your head pick up the electrical activity coming from your brain and show up as waveforms on our screen. We then read those waves and gather information about how your brain is functioning. We look for signs of seizure activity, stroke damage, memory loss, and causes for dizziness or headaches among other indicators. There is no pain associated with this test nor should you experience any side effects. The electrodes do not emit any electrical activity.



To prepare for the test, please follow these simple instructions:

1. Please come with clean dry hair and scalp. NO hair spray, gel, or other leave-in hair products. You may use conditioner and shampoo but rinse them out thoroughly and do not add any product after washing your hair.
2. Wear a loose-fitting or button-up shirt. The technician will show you how to change out of a shirt that goes over your head, but a button-up shirt will be easiest to change out of and into. NO turtle necks or tight hoodies or any other clothing that fits tightly around the collar.
3. You will not be able to shower during the 72-hour testing period so we suggest showering the night before or the day of the test. (During the 72-hour period, you will be able to take a sponge bath or a bath with a small amount of water.)
4. A small camera is part of this testing process. When you are home, your neurologist would like you to be on camera as much as possible while you are relaxing and sleeping. The camera is intended to catch your symptoms and episodes. The camera does not record sound and you will not need to carry it everywhere you go.