



Adelaide NeuroDiagnostics

Level 1, Suite 1,
257 Melbourne Street
North Adelaide 5006

Email: and@auscas.com.au

T: 08 8267 5547 **F:** 08 8267 6012

24 hour Ambulatory EEG Test Information

Your doctor has asked for you to have a 24 hour ambulatory EEG to record your brainwaves. This type of monitoring is a useful tool in the assessment of seizure disorders.

Small recording electrodes are placed on your scalp to detect the electrical activity of your brain. The test is recorded onto a small computer that you will carry around with you in a satchel over your shoulder or around your waist. This test is painless.

Preparation for the test

1. Please wash your hair the night before and only use shampoo and water. Do not use conditioner or any hair products such as hairspray, gel, or oils. These types of products interfere with the recording ability of the electrodes.
2. Eat normally and take all your medication prescribed by your doctor, unless otherwise indicated by the physician.
3. Wear loose clothing such as a 'buttoned up' or 'zipper' top so that clothing can be removed without having to be pulled over your head. When the electrodes are in place, it will be difficult to remove clothing if you are unable to unzip or unbutton clothing.

Application of electrodes

1. First, your scalp will be cleaned with an alcohol swab before individual electrodes or an electrode cap is placed on your head with either a gel or paste to stick them to the scalp. If a cap is not used, the electrodes are secured down with medical tape and your head will be wrapped in netting. Electrode placement can take up to 45 minutes.
2. You can bring along a scarf or beanie to wear over the electrodes once they are in place.

During the test

1. Do not have a shower or bath whilst the test is in progress.
2. To protect the equipment, do not remove the cap or netting and avoid tampering with the electrodes or computer.
3. Do not chew gum as this leads to interference during the recording.
4. Try to limit the amount you may need to scratch your head.
5. If an electrode falls off, please write the time down in the event diary you will be given by the technician.
6. Write down any events and activities that occur during the test in the event diary such as walking, going to bed, eating etc.