DOUGLAS NEUROLOGY ASSOCIATES P.C.

AMBULATORY EEG INSTRUCTIONS

An electroencephalogram (EEG) is a test that measures and records the activity of your brain. Special sensors (electrodes) are attached to your head and hooked by wires to the computer. The computer records the activity. The XLTEK Monitoring system consists of a waist worn recorder which is worn over the span of 48 to 72 hours.

Preparation for test:

- 1. Please come with clean dry and detangled hair. If you wear a wig it will need to be removed for the test. If you have extensions or a hair camps please speak with the technician to ensure we have complete access to your scalp. If you have braids or dreads please ensure that we are able to part your hair to access your scalp.
- 2. Please wear a buttoned down or zippered shirt as you will not be able to take clothing off over the head due to the wires.
 - 3. You cannot wash your hair or shower while wearing the machine so please plan ahead.
- The test itself is not painful, but is rather messy and sticky. Please bring an adjustable hat or scarf to cover your hair if you would like as you will leave with the electrodes attached.
 - 5. You may eat or drink as you normally would as no fasting is required for the test.
 - 6. Please resume all normal medications and supplements. There is no need to stop any medications.
 - 7. There is no need to arrive early, but you must arrive no later than 5 minutes after your appointment time. If you have long hair please bring a ponytail holder.
 - 8. One family member or friend is encouraged to accompany you to your appointment.

"PLEASE NOTE YOUR INSURANCE MAY REQUIRE APPROVAL OR A HIGHER PAYMENT AMOUNT. OUR ELIGIBILITY COORDINATOR WILL REACH OUT BEFORE YOUR APPOINTMENT TO MAKE YOU AWARE OF ANY PAYMENT LARGER THAN THE STANDARD COPAY**

If you have any questions or concerns, please call the office at 678-838-2180 and speak with the Technician.