Legacy Health

Understanding video-EEG monitoring

You are scheduled for continuous video-EEG monitoring. These instructions will tell you more about video-EEG and what to expect during your stay at Legacy's Epilepsy Center

What is continuous video-EEG monitoring?
An electroencephalogram (EEG) measures the

An electroencephalogram (EEG) measures the electrical activity in your brain. Continuous video-EEG monitoring involves the use of EEG and video recording over several days. By using video, your doctor can compare what is recorded on the EEG with what physically happens when you have a spell or seizure. Used together, EEG and video help your doctor make a more accurate diagnosis of seizure type.

Why do I need video-EEG monitoring?

People have continuous video-EEG monitoring for several reasons:

- They are having events of physical activity or changes in behavior without a clear cause. In order for them to receive the best treatment, their doctor needs to understand specifically what is happening.
- Their doctor needs more information about the type of seizure the person is having. Treatment for epilepsy is based on matching the right medication for the seizure type. The better the physician is able to identify the seizure type, the better the chances are to control the seizures.
- Their doctor needs to determine if a person has a type of seizure that could be treated with surgery.

Where can I have video-EEG monitoring?

The continuous video - electroencephalogram (EEG) monitoring equipment is specialized and only available for adults at the Legacy Good Samaritan and Legacy Salmon Creek Medical Centers and for children at Randall Children's Hospital at Legacy Emanuel. The doctors at these locations have advanced training in epilepsy and EEG and the nurses are experienced in caring for patients who have seizures.

What happens during the test?

- You will be admitted to a room in the epilepsy monitoring unit at the hospital.
- An EEG Technologist will glue electrodes with wires on them to your scalp. These wires will be connected to a computer that will monitor EEG recording all the time. They will stay on until the testing is complete.
- For the video monitoring, there are cameras in the room that will record your activity at all times, except when you are in the restroom.
- A nurse will place a capped IV line in one of your veins. The IV allows us to give you medicine, if needed.
- The goal of continuous video-EEG monitoring is to be able to record events during your stay. Some techniques we may use to encourage seizures are: reducing or taking you off your medicines, asking you to stay awake for a long time (sleep deprivation) and exercise. If there are any particular situations or stressors that trigger your seizures, please let us know so we can try to reproduce them when you are here.



- There will be a button that you can push when you think a seizure is going to occur. This will let the nurse know to come into your room to observe the seizure. It will also mark the event on the EEG recording, so that your doctor can easily see it. A family member or friend can push the button if you are not aware that you are having a seizure. There is also a TV monitor at the nurse's station and at a central monitoring station so that you can be observed at any time for seizure activity.
- A doctor will visit you daily. A social worker may also visit you. Please use this time to ask any questions.

What activities will I be able to do?

- Spending several days in one room can get boring. Feel free to bring board games, cards, books or needlework. There is a television, video player and telephone in your room.
- To help make sure the EEG works, you will need to stay in your room at all times. The only time you may leave is to have a test, such as an X-ray or scan.
- We also ask that you stay in bed. Only if approved by your doctor can you sit in a chair or move in the room. If you need to go to the bathroom, always have someone with you.
- You will have electrodes glued to your head so you will not be able to shower or wash your hair. You may use the basin by your bed.
- Smoking is not allowed in our hospital. You will not be able to smoke during your stay. You can ask us to order a nicotine patch.

Can I have visitors?

Yes. You are encouraged to have a family member or friend stay with you. You may ask someone to stay overnight to help you stay awake for sleep deprivation. Either a window or rollaway bed will be provided in your room for your guest. We do not provide meals for your guest. However, they can purchase food in the hospital's cafeteria or at one of the nearby neighborhood restaurants.

How long will I stay in the hospital?

Most people stay 4-7 days. Your doctor will decide the length of monitoring based on looking at the EEG and video each day.

How do I prepare for the test?

- Please come with your hair clean and free from any spray, mousse or gel.
- Dress comfortably. We recommend that you
 wear shirts that have a pocket and button up
 the front since you will not be able to put on or
 take off clothes over your head. Dark clothing
 is best for video recording.
- Bring a list of your current medications and doses. Your anti-epileptic medicines may be decreased or stopped during the days of testing.

When will I get my test results?

The doctor will discuss your progress with you daily and your EEG results will be discussed with you before you go home. If another doctor referred you, a formal report will be sent to that doctor as soon as all the information has been analyzed. Your doctor can then discuss the outcome of the testing and next steps with you.

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