

# Long-Term Video/EEG Monitoring

Long-term video/EEG (electroencephalogram) monitoring looks at your child's brain waves over a longer period of time. The test requires your child to stay in the hospital for 24 hours or longer. This helps the doctor to get a more complete picture of your child's condition.

## What happens during the test?

Small gold cups or electrodes are placed on your child's scalp with a special glue to help them stay on. A stocking cap is put over the electrodes to help prevent tangling. The EEG staff will ask you to keep a logbook that describes your child's episodes. A baseline EEG is often done at the time of electrode application and can take up to two hours.



Then you will go to the Telemetry Unit, where the special monitoring equipment will be used. The staff will explain the EEG, video camera equipment and your important role in keeping a record of your child's seizure episodes.

## Can I stay with my child?

One parent or adult is **required** to stay and sleep in the room for the entire stay. You are our best resource and the expert on your child's unique seizure episodes. We need your help with identifying and documenting the episodes. Our staff will provide breaks. We ask that you do not leave the room for longer than 30 minutes for

meal times. You can also leave for up to two 15-minute breaks in a 24 hour period.



## When do we get the results?

It can take 2 to 3 weeks from the day of discharge for your child's doctor to get the results. The amount of time it takes depends on the length of the test. When the results are back, your child's doctor will explain the results, or you may be asked to make an appointment in the Neurology Clinic at Children's. To get results, you must call the doctor's office that referred your child for the test

## How do I prepare my child for the test?

- Plan to arrive at the admitting office on the 4th floor 30 minutes before your appointment to fill out forms.
- Bring clothing for your child that **buttons or zips down the front (no pullovers)**. This is to prevent the EEG electrodes from being pulled off if your child needs to change clothes. It is OK to bring pajamas for your child or for them to wear hospital clothes while being monitored.
- Wash your child's hair the night before or morning of the admission. Do not use creme rinse, conditioner or styling products (they prevent the electrodes from sticking).
- Bring any special equipment (helmet, wheelchair, car seat) that your child uses at home.

### How do I prepare my child for the test?

- Try to maintain your child's daily routine by bringing favorite toys or videos. All electronic items must be **battery-operated** – no plug-in cords are allowed.
- If your child is in school, have the teacher give homework so that your child does not fall behind.

### What else do I need to know?

- During the admission, a team of pediatricians, neurologists, nurses, EEG technologists and nurse practitioners will care for your child. They will make daily rounds to ensure that your child's hospital stay is going well and to answer any questions or concerns you have.
- Your child may need other tests, like blood work, cognitive testing, PET scan or an MRI (magnetic resonance imaging) scan. We will explain these to you and your child if they are needed.
- Cell phones cannot be used in patient rooms or treatment areas, but can be used in many other areas.
- Your child's meals are provided, but you and other family members will be responsible for your own meals. You may store your own food in the refrigerator in the family lounge on the unit.
- During the hospital stay, your child must remain in the room at all times. Other family members may visit, but only one adult is allowed to stay overnight. Only 3 other family members may visit at a time.
- Lodging information will be sent to you 4 weeks before your child's admission.

#### FOR MORE INFORMATION

- EEG Scheduling (206) 987-2081
- Neurology Main Line (206) 987-2078
- Your Child's Health Care Provider

*Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.*

*This handout has been reviewed by clinical staff at Children's Hospital. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's health care provider.*