

# Welcome to the Epilepsy Monitoring Unit

You are here to have an Electroencephalogram (EEG). An EEG measures the electrical activity in the brain.

## What Can I Expect During My Stay Here?

- You will have electrodes attached to your head with a special kind of glue. The electrodes are covered with gauze, which is wrapped around your head. The electrodes have wires which are connected to a box. The box goes in a blue bag, which you will keep with you. If an electrode comes loose or falls off a tech will put it back on.
- We are recording the electroencephalogram (EEG) at all times. You are also being videotaped and audiotaped except when you are in the bathroom. EEG techs are watching the videotape and the EEG, and listening to the tape recording.
- Every morning the doctors, nurses and techs will review the previous day's recording. They will visit you between 9 am and 10 am to talk to you about what will happen next. You and your family can ask questions or talk about your concerns. This is the best time to get detailed answers to your questions.
- It is okay to use a laptop computer or a cell phone. Please use them off of the battery charge instead of plugging them in. Using them while they are plugged in can cause problems with the EEG.
- There is a menu in the nightstand. Ask the nurse which diet you can chose foods from. Room service is available from 6 am until 9 pm, and the number to place an order is 6363.

## What Do I Need to Do?

- Press the event button (a small, gray piece with a blue button) whenever you have a seizure, episode, attack or spell. Try to say out loud what you are experiencing. Family members or guests can also describe what they see out loud so it can be recorded.

- Press the call button every time you need to get out of bed. Wait for a nurse or patient care assistant to help you, even if you feel like you can do it without help. This is important to keep you safe.
- Place the shoulder strap on the blue bag over your head and shoulder when you get up. You can take it off when you are in a chair or in bed.
- When you are in bed, keep all four side rails up at all times. No one else should be in bed with you. While in the chair, the safest position to be in is reclining, with your legs up.
- Try not to touch or scratch your head, or touch the electrodes. Touching the electrodes may cause problems with the EEG. Do not let the box hang by the wires. That can also cause problems.
- You can eat as you normally do. Please do not chew gum or eat very chewy candy. A lot of chewing may cause problems with the EEG.
- The nurse or PCA will give you washing supplies to use at the sink. You cannot shower during the EEG.

### **After the EEG**

- A tech will remove the electrodes with acetone. Sometimes you will find glue remaining on your head. It will wash off after a few showers.