

Preparing for Long-Term Video EEG Monitoring

Your child's **long-term video EEG monitoring (LTM EEG)** is scheduled soon. Below are some tips to help you prepare for your hospital stay.

How do I prepare my child for the test?

Arriving at the hospital:

- Plan extra time for arrival at the hospital. Allow time for parking.
- You have 2 options for parking at the hospital:
 - Valet park at the main Mott Hospital entrance.
 - Park in parking structure **P4** (across the street from Mott Hospital).
- Check in at the Mott EEG desk on Floor 12. We will have you wait in the waiting room until the EEG technologist is ready to take your child to the lab.

Before the test:

- Wash your child's hair the night before or the morning of the test. Do not use any styling products (they prevent the electrodes from sticking).
- Once your child has been hooked up to the EEG machine, you may have to wait in the EEG lab until your child's hospital room is ready.

Who must be at the hospital for the test?

A person who is 18 years or older must be present for the entire hospital stay, even if your child is over the age of 18.

What should I bring to the hospital?

Please bring the following items:

- Comfortable clothes, including shirts or pajamas that zip or button up the front. Your child will not be able to take clothes off over their head once connected to the EEG equipment.
- Items that will keep your child occupied such as books, games, crafts, or homework. Your child will be required to remain in front of the video camera during the monitoring period.
- All medications, including your child's seizure rescue medication (if prescribed)
- Favorite snacks and drinks (each hospital room has a small refrigerator). Your child will be able to order meals from our hospital menu as well.

What will I do during the LTM EEG?

While your child is being monitored, you will stay in their room and watch them closely. If they have an event, you will push the event button. For this reason, you (or another caregiver familiar with your child's events) must stay in the room at all times.

When you push the event button, please do the following:

- Fill out the provided event log.
- Say out loud why you pushed the button. (You can see your child much better than the video camera does.)
- Say out loud whether this event was typical of the events that have been occurring at home or school.

When you push the event button, it will time stamp the EEG record so that the doctor can review that portion of the video and audio recording.

If you forget to push the event button or cannot get to it immediately, please do the following:

- Look at the clock.

- Push the button when you can.
- Say out loud:
 - What you saw
 - What time it occurred
 - What you and your child were doing at the time (For example, “At 1:35 PM, he was eating pudding and just stopped and stared.”)

Please do **not** push the event button because of changes in the EEG tracings on the computer screen or because of automated seizure detection text that may show up on the screen.

What else do I need to know?

- During your child's hospital stay, a team of doctors, nurse practitioners, nurses, and EEG technologists will care for your child. The team will do daily rounds to make sure your child's stay is going well and to answer any questions or address any concerns you have.
- While in the hospital, your child may need other tests, like blood work. We will explain these tests to you and your child if they are needed.

What happens when the test is over?

- The electrodes are removed with an adhesive removing oil.
- Your child will need a bath or shower to clean their hair.

When will we get the test results?

It can take up to 5 business days from when you go home to get the final results of the study. The amount of time it takes depends on the length of the test. We will provide preliminary results prior to hospital discharge.

Who do I contact with questions?

If you have questions or need to cancel or reschedule the study prior to your child's test date, please call the EEG laboratory at (734) 232-9271, option #2, Monday through Friday, 8:00 AM - 5:00 PM.

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