

Short-Term Video EEG Monitoring

What is short-term video EEG monitoring (STM)?

Short-term video EEG monitoring is a study that uses an EEG (electroencephalogram) to look at your child's brain waves over a period of 6 hours. This helps the medical team get a more complete picture of your child's condition.

How do I schedule the test?

Our EEG scheduler will call you to schedule the test. STM EEGs are scheduled Monday through Friday at 8:00 AM. Depending on how long the setup process takes, the test will end between 2:30 PM and 3:00 PM.

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 and badging.
- 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.
- Please arrive on time. If you are more than 30 minutes late, we may have to reschedule the appointment.

Before the appointment:

- Give your child their normal medicines as scheduled unless your child's provider gives you different instructions.

- Bring 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.
- Bring things that make your child feel comfortable, like a bottle, pacifier, blanket, or toy.
- Food is not provided, so please plan accordingly. We encourage you to bring snacks and drinks. There are vending machines on Floors 2 and 10. The cafeteria is also located on Floor 2.
- Please plan to be with your child (or arrange for an adult to be with them) during the EEG study. This is important because you will be asked to record all episodes in the event log (explained below).

What happens during the setup for short-term video EEG monitoring?

- A specially trained EEG technologist will place the electrodes and set up the required EEG equipment. This will take about 60 minutes from start to finish. Your child's hair does **not** need to be cut or shaved.
- Your child will be asked to lie down on a stretcher or bed.
- Your child's head and body need to be completely still when the electrodes are placed. You may be asked to help your child stay still so the process can go as quickly and easily as possible. If your child is 4 years or younger and still moves too much, their body may be wrapped snugly so that the electrode application can be completed.
- Your child's head will be measured with a measuring tape.
- The EEG technologist will mark 30 locations on your child's head with a grease pen.
- The EEG technologist will rub a sandy cleanser on the places where the electrodes will attach before putting them on, which helps them stay in place.
- Small circular-shaped electrodes will be placed on your child's scalp.
- Your child's head will be wrapped in gauze.

- The electrodes are connected to a small EEG machine that is carried in a small backpack.
- The EEG staff will explain the EEG push button, video camera equipment, and your important role in keeping a record of your child's seizure episodes.
- You will be given an event log to write down the time and details of events when they occur. This information will help the doctor read and interpret the computer data to make an accurate report.

What happens during the STM EEG?

After the electrodes are placed, the EEG technologist will start the recording and will test your child's brain waves in a few different ways. We may ask your child to do one or more of the following during the test:

- Take deep breaths for up to 5 minutes
- Look at flashing lights
- Count and remember things
- Open and close their eyes
- Lie quietly and/or sleep

While your child is being monitored, you will stay in their room and monitor 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.

What happens when the test is over?

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

When will we get the test results?

The EEG technologist who performs the test cannot give you any information about the results of your child's test.

One of our **pediatric epileptologists** (a neurologist who specialize in epilepsy) will read the results and share them with the provider who ordered the test. A pediatric neurology nurse or your child's neurology provider will share the results with you through the patient portal or by phone within 5 business days.

Who do I contact with questions?

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

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