

Mobile Long-Term EEG

Dear patient

You have been referred to us for the recording of a mobile long-term EEG. During this examination, which lasts three days, we will record your EEG (electroencephalogram = recording of brain electrical activity) and your ECG (electrocardiogram = recording electrical activity of the heart). The EEG is recorded by small electrodes pasted to your scalp with special glue, while two electrodes attached to your chest will record the ECG. All data are stored by a small portable recorder that you can wear on your belt or on a neck strap.

Twice a day, the electrodes must be filled with a contact gel. This is not difficult, but since you cannot do this yourself, it would be helpful if someone could accompany you to the attachment of the electrodes so that we could show them how to fill the electrodes.

Please, wash your hair before the test but do not use gel or spray on your hair. When we attach the electrodes, we will review specific instructions with you on how to handle the ambulatory equipment that will be going home with you.

Please note the following information:

- Wear comfortable, not too tight clothes. We recommend two-piece dresses with trousers or a skirt and a shirt or blouse with a button or zip front. This will make it easier for you to change your clothing when you are wearing the ambulatory system without pulling anything over your head. A turtleneck sweater is unfavourable.
- To protect the electrodes, you should wear an umbrella, a headscarf, or a hat when outside in the rain or snow.
- Please do not chew chewing gum during the examination because this disrupts the EEG recording.
- If you listen to music or audiobooks, please use loudspeakers but no headphones because these can disrupt the recording.
- To prevent interferences, please keep a distance of at least 2 m to a television that is switched on. If you are using a notebook, please do not place it directly next to the recording device. (Don't place it on your knees.)
- For personal hygiene and dressing/undressing, you may need assistance to avoid twisting the cords, which could damage them.
- Most people do not experience discomfort other than a bit of itching on the scalp. If that occurs, please do not scratch your head, as this can dislodge the electrodes.