Inpatient EEG Tests

Long Term Video Monitoring

What is long term video monitoring?

Long-term video monitoring is an EEG (electroencephalogram) test that looks at your child’s brain waves over a long period of time. The test requires your child to stay in the hospital (inpatient) 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?

• A specially trained EEG technologist will apply the electrodes and the EEG equipment that is required, which 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 hold your child still so that so the process can go as quickly and easily as possible.
• 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 washable, red pencil.
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- The EEG technologist will rub a sandy cleanser on the places where the electrodes will attach before putting them on.

- Small circular shaped electrodes will be placed on your child’s scalp using removable glue to help them stay on. This will take about 20 minutes.

- Your child’s head will be wrapped in gauze and a soft stocking cap to protect the electrode wires.

- The electrodes are connected to a small EEG computer machine that is carried in a small backpack.
- Then you will go into a hospital room 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.
- You will be given instructions about how to keep the electrodes intact and how to push the event marker.
- The EEG staff will help you to fill out an Episode Description Sheet that describes your child’s episodes. You will also be given an Event Log and instructions about when to fill it in. The Episode Description Sheet and Event Log will help your child’s doctors read and interpret the computer data to make an accurate report.
What happens if my child requires sedation for the electrode placement?

For safety reasons, your child cannot be restrained or sit up during electrode placement. To be awake, children must be able to lie down for 30 minutes and follow simple directions while the electrodes are being put on. If your child would have difficulty doing this, your child’s medical provider may say that your child needs sedation for electrode placement. Even though the electrode placement does not hurt, being awake for the electrode placement may be unnecessarily stressful and difficult for some children.

If your child is sedated, the electrodes are applied while your child is asleep in the same way as listed above. After the electrodes and the head wrap are put on, the EEG technologist will put a soft helmet and arm boards on your child. This is to minimize the chance of electrodes being pulled off and to maximize the opportunity to collect data for this study.

After the procedure, you will meet up with your child in the EEG monitoring room when they wake up from the sedation. The helmet and arm boards have to stay on your child the whole time your child is being monitored. If the electrodes come off during the EEG monitoring, they will not be reapplied by the EEG technologist or nurse taking care of your child. The test will continue with fewer electrodes.

Can I stay with my child?

One parent or adult is required to stay and sleep in the room for the entire stay. An extra adult caregiver may stay as well. 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. We can only provide 1 meal break, up to 30 minutes a day as needed.

How do I prepare my child for the test?

• Talk with your child about what to expect. The book “What to Expect During your Inpatient EEG at Seattle Children’s” www.seattlechildrens.org/pdf/PE1613.pdf was written for children of different ages and follows a common patient experience. The book follows the process of coming for an inpatient EEG, including admission, steps of the test itself and what to expect during your stay. If you have questions, you can contact the Medical Unit Child Life at 206-987-3245.

• Plan to arrive at the admitting office 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
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To Learn More
• EEG Scheduling 206-987-2081
• Neurology Main Line 206-987-2078
• Medical Unit Child Life 206-987-3245
• Ask your child’s nurse or doctor
• www.seattlechildrens.org

Free Interpreter Services
• In the hospital, ask your child’s nurse.
• From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

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.

• Try to maintain your child’s daily routine by bringing favorite toys or videos. All electronic items must be battery-operated. Charging your battery operated items is allowed, but only in special labeled plugs in the room.

• 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 and related devices must be on airplane mode for the entire length of your stay. Check with your nurse if you have questions.

• 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. We can only provide 1 meal break, up to 30 minutes a day as needed, so it is best to bring prepared meals for you and other family members.

• During the hospital stay, your child must remain in the room at all times. Other family members may visit, but only 3 at a time. Only 2 adult caregivers, are allowed to stay overnight.

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.