



Prolonged Video/EEG Monitoring

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Prolonged video/EEG (electroencephalogram (ee-LEK-tro-en-SEFF-uh-loh-gram)) monitoring looks at your child's brain waves over a longer period of time than a standard EEG. The test lasts for a longer period of time than a standard EEG to make sure we get all the information we can about the seizure or episode that we want to know more about. This helps the doctor to get a more complete picture of your child's condition.

What happens during the test?

Small gold cups or electrodes are placed on your child's scalp with a special glue to help them stay on. A stocking cap is put over the electrodes to help prevent tangling, and electrodes will be in a backpack. The EEG staff will ask you to fill out a form called an Episode Description Sheet. This helps tell us more about the episode that we will be testing when we do the EEG on your child.

You and your child will be in the EEG Lab, where the Video/EEG monitoring equipment will be used. The EEG technologist will explain the EEG and video camera equipment to you and your child. They will also tell you about how you can help with the test. It is important for you to write down and press a button when your child has an episode, and the EEG technologist will tell you how to do this.

Can I stay with my child?

One parent or caregiver is required to stay in the EEG Lab for the entire stay. You are our best resource and the expert on your child's unique seizure episode. We need your help to identify and document the episode. Because we need your help with this, it is important that you not leave the EEG Lab while your child is being monitored. Our staff will make sure that you get breaks to use the bathroom, but you will not be able to leave the EEG Lab for any other reason. If you or your child have any special needs or think you might have any problems with this, please speak with the EEG scheduler before you come in for the test.

When do we get the results?

It can take up to one week after the test for your child's doctor to get the results. You will not be able to get results on the day of the test. The EEG technologist cannot give you any specific information about the test results.

When the results are ready your child's neurologist or neurology nurse practitioner will explain them to you. You may be asked to make an appointment to see a neurologist at Seattle Children's Everett or at the Neurology Clinic at Seattle Children's Hospital main campus in Seattle.

To Learn More

- Seattle Children's Everett 425-304-6080
- Ask your child's healthcare provider
- 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.
- For Deaf and hard of hearing callers 206-987-2280 (TTY)

How do I prepare my child for the test?

- Plan to arrive at the Seattle Children's Everett 30 minutes before your appointment to fill out forms. The address and phone number are listed at the end of this flyer.
- Bring clothing for your child that *buttons or zips down the front*. Please do not have your child wear clothes that need to be pulled over their head. This is to prevent the EEG electrodes from being pulled off.
- Wash your child's hair with only shampoo the night before or morning of the admission. Avoid using cream rinse, conditioner or styling products. These make it difficult for the electrodes to stick in place. Using these products before the test may mean that we have to delay or reschedule the test.
- Bring any special equipment (helmet, wheelchair, car seat) that your child uses at home.
- The test can be easier for your child if they have things with them that are part of their daily routine. Please bring your child's favorite toys or videos. All electronic items must be *battery-operated* – no plug-in cords are allowed.
- If your child is in school, it is important to have their teacher give homework in advance so that your child does not fall behind.

What else do I need to know?

- There will be an EEG technologist recording the study who can cover for your bathroom breaks.
- Cell phones need to be turned off in the EEG Lab.
- Please bring snacks and food for you and your child. You will not be able to leave the EEG Lab for meals, so please bring enough food to last for the entire test.
- During your child's Prolonged EEG test, you and your child must stay in the EEG Lab at all times except for bathroom breaks. No other family members or siblings are allowed in during the study. Child care *is not* available, so please make arrangement in advance. If you need to cancel your child's Prolonged EEG test, please notify us 48 hours before your child's appointment to reschedule.

Clinic information

Address:
Seattle Children's Everett
Providence Everett Medical Center
Pavilion for Women and Children
900 Pacific Avenue, Suite 100
Everett, WA 98201

Telephone number:
425-304-6080

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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