

# Prolonged Video / EEG Monitoring

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## What is prolonged video/EEG monitoring?

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.

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## What happens during the test?

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. **Cell phones must be turned off in the EEG Lab.**

An EEG technologist will place small, flat, metal circles (electrodes) on your child's scalp with a special glue. They will ask you to describe your child's episodes in detail.

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## Can I stay with my child?

Yes. In fact, 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. Only **one** parent or caregiver is allowed in the EEG lab with your child. Siblings cannot be in the room for this test.

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## How do I get my child ready for the test?

- Make sure your child gets the right amount of sleep. If your child's doctor has ordered an awake/asleep study, your child will need to get less sleep than usual (sleep deprivation). You do not need to do this if your child has Autism or is developmentally delayed. Please see the section called "Instructions for Keeping your Child Awake."
  - Have your child's hair clean and dry. Please avoid styling products, oils and braids. These make it difficult for electrodes to stick in place. Using these products before the test may mean that we have to delay or reschedule the test.
  - Give medicines as scheduled, unless your child's healthcare team gives you different directions.
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### To Learn More

- Neurodiagnostic Services  
206-987-2081
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your 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.

- Let your child eat and drink before the test, but caffeine and sugar should be avoided, if possible.
- Take your child to the bathroom before the appointment time.
- Only **one** parent or caregiver is allowed in the EEG lab with your child (except if you need an interpreter). If you have other children, please arrange childcare ahead of time.
- Please arrive on time. If you are more than 20 minutes late, we may have to reschedule.

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### What should I bring?

- Things that make your child feel comfortable, like a bottle, pacifier, blanket or toy.
- Special equipment (helmet, wheelchair, car seat) that your child uses at home.
- Your child's favorite toys or videos. All electronic items must be **battery-operated** – no plug-in cords are allowed. The test can be easier for your child if they have things with them that are part of their daily routine.
- Snacks and covered beverages for you and your child. You will not be able to leave the EEG Lab, so please bring snacks to last for the entire test.

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### When will I know the results of the EEG?

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.

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### Instructions for keeping your child awake

If your child's doctor ordered an awake/asleep study, your child will need to get less sleep than usual before the test (sleep-deprivation). If your child sleeps too much before the awake/asleep study, we may have to delay or reschedule the test. You **do not** need to do this if your child has Autism or is developmentally delayed.

#### Age of child

#### Amount of Sleep-Deprivation

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Less than 6 months

Child's normal sleep schedule but no nap before test

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6 months to 1½ years

2 hours less sleep the night before

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1½ to 2½ years

3 hours less sleep the night before

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2½ to 3½ years

3½ hours less sleep the night before

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3½ to 6 years

4 hours less sleep the night before

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6 years and over

5 hours less sleep the night before

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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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