

Ambulatory Electroencephalogram (EEG)

What is an Ambulatory EEG?

An ambulatory EEG is a test that records brain activity as you go about your daily routine. Brain activity may change with certain conditions or after an injury. The EEG can show where such changes occur in the brain. This test is safe and painless. It may take 1 to 4 days, depending on how much information your doctor needs. The EEG helps your doctor diagnose your condition. It can also help to plan your treatment.

*Check with your
doctor for test
results.*

How should I prepare for this test?

- Plan to be here up to 2 hours.
- Remove hair pieces or unbraid hair before the test.
- Bring a cap or scarf to cover your head when you leave (if you wish).
- Wear a shirt that zips or buttons in front. This will make it easier to change clothes when you get home.
- Arrange to come in each day during testing (if your test lasts for more than 1 day).
- Bring the following with you:
 - Photo ID.
 - Medical insurance/Medicare card.

Where do I go?

Come to the Neurological Testing Center (NTC), 7th floor, Galter Pavilion. This is at 201 East Huron Street. Parking is at 222 East Huron Street. For a discounted rate, bring your parking ticket to the NTC for validation.

What should I expect?

The technologist (tech) will put small metal discs on your scalp, held in place by adhesive. Wires connect the disks with a small computer that you will take home. This weighs about 3 pounds and is carried in a pack. Wear the pack around your waist or over your shoulder.

The tech will wrap gauze around your head to cover the wires and disks. You may wear a cap or a scarf over this to cover it up. The tech will also explain what you should or should not do during the test. (See Testing Precautions below).

The test begins as soon as you leave and lasts until the tech removes the discs.

You will receive a log to write down anything unusual that occurs during the test. It is very important to write the date, time and a brief description of unusual events or symptoms.

Testing Precautions

Please:

- **Keep the computer, bag, wires and your head dry at all times!**
- **Do not take a shower, tub bathe, or use a pool.**
- **Do not try to wash your hair.**
- DO wash from the neck down with a washcloth.
- Do not tamper with or drop the computer.
- Do not chew gum. Constant mouth movement will affect the test.

After the Test

When finished, the tech removes the electrodes and washes the paste off. You may wish to wash your hair at home to remove any sticky residue. Check with your doctor in 5 to 7 business days to discuss the results and further treatment.

To learn about the Comprehensive Epilepsy Center, visit epilepsy.nm.org.

Health Information Resources

For more information, visit Northwestern Memorial Hospital's Alberto Culver Health Learning Center. This state-of-the-art health library is located on the 3rd floor of the Galter Pavilion. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Center by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nm.org.

For additional information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312-926-3112, TDD/TTY 312-926-6363 and/or the Northwestern Medical Group Patient Representatives Department at 312-695-1100, TDD/TTY 312-695-3661.

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