

## Ambulatory Electroencephalogram

An ambulatory electroencephalogram (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 happen in the brain. This test is safe and painless. It may take 1 to 4 days, depending on how much information your physician needs. The EEG helps your physician diagnose your condition and plan your treatment.

*If you have  
any questions,  
please ask your  
physician.*

### How to prepare for the test

- Plan to be here up to 2 hours.
- Remove hairpieces or unbraid hair before the test.
- Bring a cap or scarf to cover your head when you leave (if you wish).
- Wear clothes that will be easy to change without pulling them over your head.
- 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

Come to the Neurological Testing Center (NTC) on the 7th floor of Galter Pavilion at 675 North Saint Clair Street. Parking is at 222 East Huron Street. For a discounted rate, you can validate your ticket at the NTC.

### What to 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 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.

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 follow these instructions:

- 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.
- For bathing, 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 the test is over, the tech will remove the electrodes and wash the paste off. You will need to wash your hair at home to remove any sticky residue. Check with your physician who ordered the test in 5 to 7 business days to discuss the results and further treatment.

To learn about the Comprehensive Epilepsy Center, visit [epilepsy.nm.org](https://www.epilepsy.nm.org).