

## EEG PATIENT INSTRUCTIONS - AMBULATORY STUDY (24, 48, 72 OR 96 HOUR)

### GENERAL GUIDELINES TO FOLLOW BEFORE YOUR STUDY:

1. PLEASE ARRIVE FOR YOUR AMBULATORY HOOK-UP FRESHLY BATHED AS YOU WILL NOT BE ABLE TO BATHE/SHOWER OR WASH YOUR HAIR WHILE YOU ARE BEING MONITORED.
2. HAVE YOUR HAIR CLEAN AND DRY; DO NOT USE ANY HAIR PRODUCTS SUCH AS HAIR SPRAY, MOUSSE, GEL OR OIL. PLEASE REMOVE ALL BRAIDS AND/OR WEAVES.
3. WEAR A BLOUSE OR SHIRT THAT BUTTONS DOWN THE FRONT; THIS WILL MAKE IT EASIER FOR YOU TO CHANGE CLOTHES LATER IF YOU WISH.
4. YOUR HEAD WILL BE WRAPPED WITH GAUZE WHICH CAN BE COVERED WITH A SCARF, LOOSE FITTING CAP OR HAT IF YOU WOULD LIKE TO BRING ONE WITH YOU.

### GENERAL GUIDELINES TO FOLLOW DURING AND AFTER YOUR STUDY:

1. IF YOU ARE A SMOKER, PLEASE, **DO NOT SMOKE!** THE GLUE USED TO ATTACH THE ELECTRODES *IS HIGHLY FLAMMABLE EVEN WHEN DRY.* WE CANNOT BE RESPONSIBLE FOR INJURIES DUE TO THE PATIENT DISREGARDING THIS WARNING.
2. PLEASE LIMIT THE AMOUNT OF DRINKS CONTAINING CAFFEINE. (THIS INCLUDES, COLAS, COFFEE, TEA AND CHOCOLATE). DO NOT DRINK ANY ALCOHOLIC BEVERAGES.
3. DO NOT CHEW GUM.
4. STAY AWAY FROM APPLIANCES THAT CREATE ELECTRICAL NOISE, SUCH AS THE VACUUM CLEANER, BLENDER, MIXER, WASHER/DRYER, POWER TOOLS, OR ANYTHING WITH AN ELECTRIC MOTOR.
5. DO NOT USE ANYTHING THAT CAUSES VIBRATION TO THE BODY SUCH AS ELECTRICAL MASSAGERS OR RIDING A MOTORCYCLE.
6. LIMIT CELL PHONE USAGE.
7. DO NOT DO ANYTHING TO CAUSE YOUR BODY TO PERSPIRE, SUCH AS EXERCISING OR BEING OUT IN THE SUN OR IN A HOT ROOM.
8. NO SWIMMING OR BATHING. YOU MAY SPONGE BATHE ONLY.