

Long-Term Video-EEG Monitoring (LTM) Patient Information and Instructions

- You will receive a phone call from our Epilepsy/EEG Laboratory with your scheduled admission time. You will either be directed to report to the Admitting Office located on the 1st floor of the Proger Building or to our EEG Laboratory on the 6th floor of the Pratt Building (note that you will take the Main Elevators or Proger Elevators to the 5th floor and then follow the signs to the Pratt Building).
- Your hospital room will be on the Proger 5 North Unit or in the Neurological Intermediate Care Unit.
- You should continue to take all medications regularly prior to admission to the hospital unless instructed specifically to change. Do not stop your medications unless instructed to do so.

What to Bring to the Hospital:

- Please bring your original bottles of medications with you (not in a generic pill box) as well as a list of the medications and dosages. For almost all medications, we will provide your medications. In rare circumstances should your medication not be available through our pharmacy, you may need to take your own medication. Should this be the case, our pharmacy will only approve medication in the original bottle from the pharmacy.
- Please bring comfortable clothes that include shirts or pajamas that zip or button up the front. You will not be able to take clothes over your head once you are connected to the EEG.
- Please bring a snack for the first day. Sometimes it takes a while to get situated in your room.
- Please bring items to keep you occupied such as books, crafts, or playing cards while in your hospital bed/room. You will be required to remain in front of the video camera with microphone during the monitoring period, with the exception of when you are using the bathroom or washing. You will be able to activate the television in your room for a nominal fee.
- Please arrive with clean, dry hair without styling products to allow for optimal placement of the EEG electrodes.

During Your Stay:

- At the beginning of your stay, you will have small electrodes placed on your scalp for recording your brain waves. Your scalp will be wrapped with gauze and you will be connected to a video EEG machine.
- You will have an intravenous (IV) line placed at the beginning of your stay which will remain in place until you leave. This is a safety measure as this is the fastest way to give rescue seizure medications should they be needed.
- We may need to change or stop your seizure medications in order to watch a seizure take place. This will be discussed with you before this happens, if this is deemed necessary. In addition, we may use other techniques such as sleep deprivation (keeping you awake at night) to help bring out a seizure.
- You will be able to eat and drink normally and will be provided a hospital menu.
- You will not be able to shower or wash your hair once connected to the EEG. Sponge baths will be allowed in the bathroom of your room.
- You will be required to keep all four side rails on the bed up at all times. These will be padded to help with safety.
- You will not be able to leave your hospital room during the monitoring period but will be able to move around the room as long as the camera can see you. Please remember that the video and audio cameras will be on throughout your stay. This is very important for recording all seizures, spells or unusual activities. There will be complete privacy from video in the bathroom.
- You will have routine vital signs taken during your stay, which may occur during the sleeping period. In addition, you will be connected to a continuous cardiac monitor and respiratory saturation monitor.
- If you have warning before your events and start feel a seizure or spell coming on, you should push the special button in your room (demonstrated at the beginning of your stay). If you are able to speak, you should talk out loud about what is happening or what you are experiencing. You should let us know whether this is similar to a normal event or if this is different. You should keep the overhead lights on while you are awake. This allows for the best video recording.

Testing Results:

It may take up to a week to fully evaluate your test results. We will contact your doctor as soon as results are available.

Questions:

If you have further questions or concerns prior to your stay, please call the EEG laboratory at 617-636-5845, Monday through Friday from 8:30 am to 5:00 pm.