

You have been scheduled for Long Term Video Monitoring at Neurology Consultants of Dallas.

Your physician has requested 72 hours of continuous monitoring of your brain activity using EEG and Video. This gives your doctor a better understanding of your events by seeing how your brain is functioning and what you are physically doing during an event.

Neurology Testing Center  
Neurology Consultants of Dallas  
8390 LBJ Fwy, Suite 1000, **9th Floor**  
Dallas TX 75243  
(Parking is free in the designated NCD parking structure)

How to prepare for your stay in the Monitoring Unit:

- Shower and thoroughly clean your scalp the night before
  - Do not use hair oil, gels or styling products
  - Remove hair extensions, weaves, and braids if applicable
- The testing will take 4 days
  - Video and Audio recording will always take place
  - One camera is located at the foot of the bed.
  - There are no cameras in the bathroom
- Amenities:
  - Each suite is furnished with a queen bed
    - Individual refrigerator
    - Individual microwave
    - High speed Wi-Fi
  - Each suite has a private bathroom with shower (wheelchair accessible)
  - As this is an outpatient procedure, we ask that you bring your meals or order from the available catering service or meal delivery services.
    - Menus will be available at the time of admission and you can place your order for daily meals
    - There is a refrigerator and microwave in your suite
  - One guest is welcome to stay with you
    - Extra bedding and a padded foam mattress can be brought into the room (available upon request)
- What to bring to your stay?

- Please bring at least 4 days' worth of your medications in their original pharmacy packaging
  - **We will not decrease or stop your antiepileptic medications.**
  - This includes items like a CPAP
- When possible have a family member or friend who has witnessed your seizures stay with you.
  - **Due to Covid precautions we ask that this be one person at a time**
- Sleep clothing is recommended, it is best that the top fasten in the front or the back. It cannot be pulled over the head as it disrupts the scalp EEG lead placement.
- Personal care items
  - **You will not be able to shower with the electrodes in place**
- You may bring a laptop, tablet, card games, video games, etc. during the admission- free high speed WIFI is available.
- We ask that you **not** bring:
  - Chewing gum
  - Alcohol or illicit substances
  - Lighters or candles
  - Vapes
  - Weapons
  - Service animals (please make us aware ahead of time)

What to expect while in the Monitoring Unit:

To properly utilize the time many baseline evaluations will be completed in your 4 day stay. While we expect there to be some deviation to the following schedule, due to scheduling availability, you should expect:

**Day 1:**

- Arrive at 08:00 a.m. and proceed to the 10<sup>th</sup> floor of the building to get checked in.
  - After checking in, and getting your covid screening, you will make your way to the 9<sup>th</sup> floor where consent forms will need to be signed before a technician places the EEG leads on your head
    - Approximately thirty electrodes will be glued to your hair
- Once the EEG system is properly connected you will be shown to your suite to get oriented and comfortable
  - One camera will always be monitoring you. There will be both audio and visual recording 24 hours a day.

- You may be evaluated by our nurse practitioner or epileptologist during your stay in accordance with the order that was placed for this testing

**Days 1 & 2:**

- Baseline evaluations will be completed in accordance with your physician's request
  - This can include physical therapy, occupational therapy, speech therapy, and neuropsychological studies
- We will possibly perform stimulation techniques to induce events such as flashing lights, loud noises, hyperventilation, sleep deprivation and use of bike pedals. This will be determined by your provider as needed and under their direction.
- You will be connected to a long cable which can span the area of the suite without a problem
  - If your physician believes it to be beneficial and safe, you may leave the room for periods of time with assistance from the technologist.
- Please do not chew gum, it will disrupt the EEG monitoring.
- If you do have a seizure during you visit our inhouse technologists will come to the room and perform a brief post-seizure assessment. Please remind your family members our staff will be in to help, please allow them room to do their job.
- Exercise equipment (resistance bands, peddle bike, weights) will be available upon request. It is recommended that you do not exercise to a point of heavy sweating as this may cause problems with the EEG recording.

**Day 3:**

- A technician will remove the leads from your head
- You may shower
- Final Subacute EMU test results will be shared at a follow up appointment that is made prior to your exit (We expect this to be within 2 weeks of your stay)