

## Completing the study?

At the end of the recording time (typically 2 to 4 days) the technologist will return to disconnect the EEG recorder and remove the electrodes. The study data and video will be processed and reviewed by our staff and prepared for review by the doctor.

## How will I get my results?

Either your physician or one of CortiCare's board certified neurophysiologists will review the study and prepare a detailed report. Your physician will discuss it with you at your next visit.

## Contacting Us

CortiCare is always available, 24-hours a day for any questions or concerns during your study.

**Phone: 877-819-5462**

Web: [www.corticare.com](http://www.corticare.com)

Carlsbad, CA 92008

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# Preparing for your In-Home EEG Study



## CortiCare, Inc.

Brain Monitoring Services Made Easy –  
Anytime, Anywhere

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## Why do I need In-home Ambulatory EEG Monitoring?

Ambulatory EEG monitoring enables your doctor to observe your EEG over a prolonged period. Ambulatory monitoring can help diagnose if you have seizures and if so, your seizure type. This important information helps your doctor determine the best treatment for you.

## What is Ambulatory EEG Monitoring?

EEG is the abbreviation for electroencephalography. The electroencephalograph is a machine that translates the electrical activity of the brain into a series of wavy lines (a graph) on a computer called the EEG record.

- An EEG measures the electrical activity of the brain, sometimes referred to as brain waves.
- Analysis of the EEG allows your doctor to see one of the many ways that your brain functions.
- EEG is not a treatment of any kind. No electricity is transferred to your brain. The EEG only detects activity in the brain.
- If you have a seizure during the test, you should behave as you normally would during a seizure. Family and friends should follow your usual first aid or emergency procedures. When able to, press the button on your waist recorder to mark the seizure.
- It can tell us what may be causing your episodes and help with deciding the best treatment for you.
- The doctor can see seizure activity as well as sleep stages during your EEG.

## How does an Ambulatory EEG work?

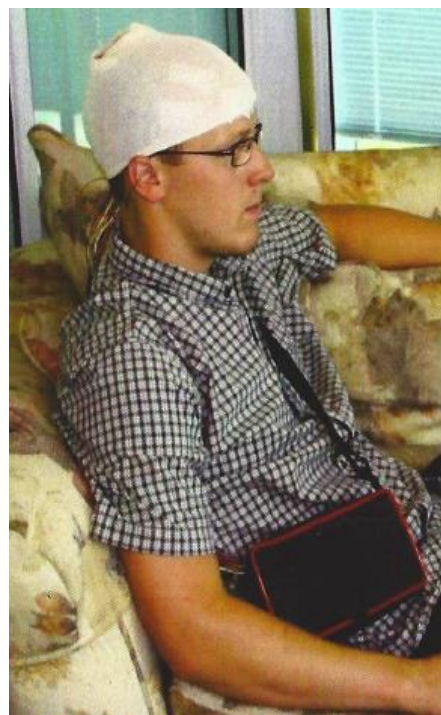
Your EEG tech will carefully measure your head and apply small electrode cups with a sticky paste to your scalp. These electrodes pick up very small changes in your electrical brain activity (EEG). The EEG is recorded for a prolonged period and stored on the battery-powered recorder you will wear during the home study. You will be provided a diary for you to make notes during the study. The EEG recorder on your waist will have a Push Button that needs to be pressed when you have symptoms or a seizure.

## What will happen when I am set up for monitoring?

EEG wires with electrodes will be attached to your head with a special glue so that the electrodes will stay on your head for several days. Your head will be wrapped with gauze to protect the electrodes. A video camera will be setup to record you during the study to help capture your events so the doctor can see what happened. A CortiCare technologist will be monitoring your EEG and video remotely to ensure a good recording.

## Activity

In general, it is best to keep your movements to a minimum during the study. Avoid lots of physical activity to reduce the chance of sweating (which can cause artifact in the signals). You will not be able to shower during the study.



## Food

You may eat your typical meals and foods but please do not eat snacks for long periods. When you are chewing it is hard to see your brain waves. No gum chewing is allowed for this reason. Write your meals and snack times in the diary.

## Clothing

You should wear comfortable clothing while your ambulatory EEG is being performed. Sweatpants and a loose-fitting top with buttons down the front are suggested. Tight fitting sleeves and pull over tops will not be permitted. Do not attempt to pull a shirt or other clothing

over your head during the ambulatory EEG. The electrodes may become dislodged and the quality of the recording will be affected.

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