

Neurodiagnostics Labs | Stanford Neurosciences Health Center
213 Quarry Rd | Palo Alto, CA 94304 | 650-723-7181

AMBULATORY EEG INSTRUCTIONS

Your physician has ordered an Ambulatory Electroencephalographic (EEG). This study is done on an outpatient basis. Electrodes are placed on the surface of your scalp which will be connected by thin wires that run down from your head to a recording unit. You will return home wearing the recorder for 24 hours. It is a noninvasive procedure and you will feel no pain.

In preparation for the Ambulatory EEG you should plan the following:

- Bathe, wash and dry your hair thoroughly. Your scalp should be clean and free of oils, conditioners, hair sprays, etc... You will be unable to bathe or swim during the 24 hour test period. Water will severely damage the recording unit.
- You must/should wear a shirt that either buttons or zips up the front. A pullover shirt will knock electrodes off or out of their precise position.
- You should also bring a hat or scarf to wear if you wish after the electrode application.
- If you take any medications, continue to take them as directed by their doctor.

After you leave the hospital:

- DO NOT bathe, shower or swim. Water will severely damage the recording unit.
- Try not to alter your daily routine. The electrodes are designed to withstand body perspiration even under strenuous physical activity. The only limitation is that you cannot get the recording unit wet.
- You will be required to keep a detailed diary. Noting the time of the day from the recording unit, write down all activities, symptoms or sensations you experience. Please be as thorough as possible.
- You will be required to return the following day at approximately the same time.

Appointments/ Cancellation

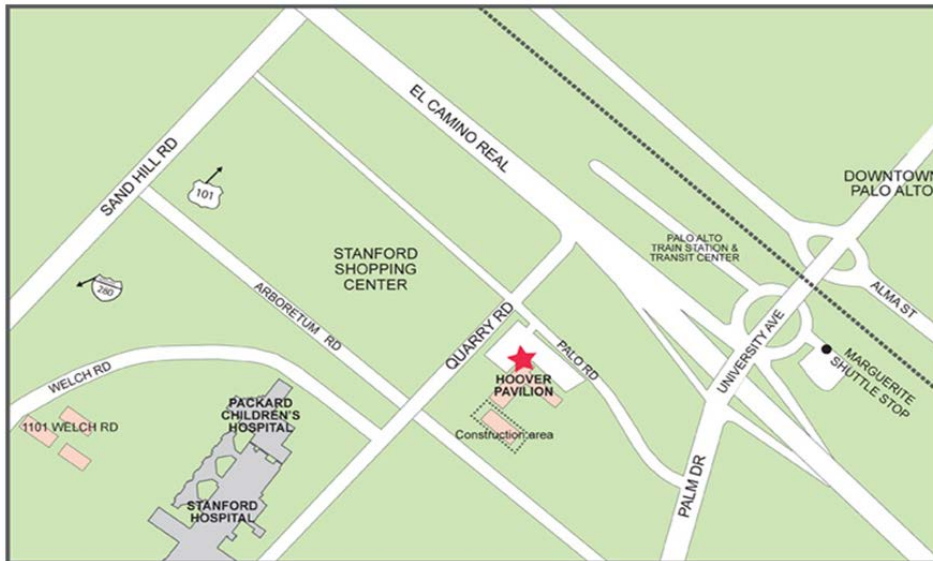
We ask that you **please check-in at our reception area located on the 1st floor 30** minutes prior to your appointment. If you are running late to your scheduled appointment, it may be necessary to reschedule your EEG. If you need to reschedule your appointment, please call the clinic **48** hours in advance at **650-723-7181** so that we may do our best to accommodate other patients. You will also be contacted via an automated system to confirm your appointment, please listen to the entire message as its contents has valuable information including the ability to respond yes or no to confirm or cancel your appointment.

If you have any questions, please feel free to contact us at the number above.

Continued on reverse >

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Driving Directions:

From Bayshore US Highway 101 North or South

- Take the Embarcadero Road/West exit.
- Follow Embarcadero Road for about two miles.
- Turn right on El Camino Real and left on Quarry Road.
- Turn left on Palo Road and right into the parking lot of Hoover Pavilion.
- The Hoover Pavilion is located at 213 Quarry Road.

From Highway 280 North or South

- Take the Sand Hill Road exit and head east.
- Turn right on Arboretum Road and left on Quarry Road.
- Turn right on Palo Road and right into the parking lot of Hoover Pavilion.
- The Hoover Pavilion is located at 213 Quarry Road.

El Camino Real North or South

- Turn on Quarry Road.
- Turn onto Palo Road and then into the parking lot of Hoover Pavilion.
- The Hoover Pavilion is located at 213 Quarry Road.