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A home video EEG (electroencephalogram) records brain activity while also recording video of your movements and behavior. It is commonly used to evaluate seizures, staring spells, unexplained episodes, sleep-related events, or other neurological symptoms.

Dress comfortably and in ways that make it easy to place and maintain the EEG leads on the scalp for many hours or several days.

- Wear a **shirt**, because electrodes and wires will already be attached after setup.
- Choose **loose, comfortable clothing** such as sweatpants, pajama pants, or athletic wear.
- Avoid clothing with lots of metal accessories, tight collars, or complicated layers.
- Wear **clean, dry hair with no products**:
 - no hairspray
 - no gel
 - no oils or leave-in conditioners
- Do not plan on washing hair during the monitoring period.

Here's how it is typically performed:

1. Electrode placement
A technologist applies small electrodes to your scalp using adhesive paste or glue. The electrodes connect to a portable EEG recorder that you wear on a belt or shoulder strap.
2. Video setup
You are given a small camera or tablet-style device that continuously records video while the EEG records brain waves. The camera is usually placed in the room where you spend most of your time.
3. Recording period
The study may last:
 - 3 Days/3 Nights

You continue normal daily activities as much as possible, except for bathing or activities that could disconnect equipment.

4. Event recording
If you have symptoms or an episode:
 - You may keep a written or electronic diary noting symptoms, times, medications, sleep, and activities

This helps the neurologist match EEG changes with what was happening clinically.

5. Sleep monitoring

Patients are often encouraged to sleep during the study because some seizure activity appears mainly during sleep or drowsiness.

6. Completion

At the end of the study:

- A technologist comes back to remove the electrodes
- Only video and brain waves are recorded. No audio is recorded.

A neurologist then reviews both the EEG tracings and synchronized video.

Common instructions during a home video EEG:

- Keep electrodes dry
- Avoid showering/bathing unless instructed otherwise
- Stay within camera view as much as possible
- Continue medications unless your doctor gives different instructions
- Avoid excessive movement that may loosen electrodes

Please do not disconnect or remove any EEG equipment yourself. A technician will come to your home to disconnect and remove the equipment at the completion of your study.

Please call the office 5 business days after the study for results.

- If you have any questions or concerns during your study, please feel free to contact the EEG technician Jay Chong at 469-321-15-31 or Dr. Richard Ahn's office at 214-622-6300.