

What is Video-EEG Monitoring?

A traditional EEG lasts approximately an hour and provides a “snapshot” of your brain’s activity during the recording period. Video-EEG monitoring is an extended examination of the brain’s activity and includes two components:

- VIDEO: A video camera will record all of your physical activity while you are on the EEG. This allows us to see exactly what happens during a seizure.
- EEG RECORDING: The EEG recording enables us to detect seizure activity, even if you are not aware of it happening. EEG information helps localise where your seizures begin, thus helping us to diagnose the type of seizure you experience, and showing us how your brain functions during a seizure.
- Video EEG is done in Beaumont Hospital in the Epilepsy Monitoring Unit (EMU) situated on St Brigids Ward. The EMU is a two bedded unit; each patient has a TV/DVD and a shared bathroom. Two patients of the same sex are admitted at any time. You will be confined to this room during monitoring. The average length of stay in the EMU is **8 days**; however your stay may be shorter or longer than this.

Smoking is **prohibited** throughout the hospital. Your doctor may prescribe a nicotine patch to help you through your hospital stay if you wish.

You will not be able to shower or wash your hair. You will be able to sponge bathe daily.

Mobile phones interfere with electrical equipment in the room, so you will be unable to use it for calls during your stay. However, you may pick up texts

once daily from your mobile phone, and you have a bedside land line phone for incoming calls.

During monitoring under the guidance of your consultant, we may sleep deprive you to provoke a seizure, we may also slowly withdraw some of your antiepileptic medication. You will get a daily update on your progress.

After monitoring the electrodes are removed, leaving your hair and skin intact. A discharge plan will be arranged for you which will include; an outpatient appointment (if necessary), appointment for further tests if required (MRI/PET, memory testing) and a prescription for any medication changes.

When your monitoring is completed, if you are a *possible surgical candidate*, the information gathered during your stay in the EMU will be discussed at a multidisciplinary meeting in the following months. You will be informed of the outcome of this meeting over the telephone by the EMU nurse or your doctor at OPD.

Prior to admission you will be contacted by the EMU staff to prepare for your stay in hospital, you will be asked to:

- Continue taking prescribed medicine.
- Bring a complete list of all your medications and dosages with you.
- If you have MRI films or reports of MRIs or any investigation please bring these with you.
- You should bring a supply of button-down shirts, track suit bottoms and/or pyjamas. You will be unable to put clothing on over your head.

- Wash your hair the night before admission. Do not use any sprays or hair products
- We encourage you to bring in 'things-to-do' such as paperwork, needlework, books and DVDs; it can be quite monotonous during monitoring. Some portable wireless broadband connections may be unsuitable for use in the EMU. You may bring in a laptop, however it must be charged away from your bedside. The hospital accepts no responsibility for lost or damaged personal property.

It is important that you keep in regular contact with the EMU staff advising them of any change in your seizure frequency. Unfortunately little notice can be given prior to admission, however we try to contact people a week or two prior to proposed admission. Up-to-date contact details are vital when you need to be called in for monitoring.

The Epilepsy Monitoring Unit (EMU) is situated on St. Brigids Ward on the 1st floor

EMU. Telephone: 01 8092053

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Beaumont Hospital.

Epilepsy Monitoring Unit (EMU)

Patient Information Leaflet.

A Patient Education Guide to Video EEG/Telemetry

