

Sophie's
Video EEG
Journal



When my doctor first told me I had to have a video EEG, he said I would be sleeping at the hospital for a few days. Sometimes this test takes only a day and sometimes it takes a few days.

You can ask your doctor or nurse practitioner whether you will be staying overnight in the hospital or staying just for the day.

If you are coming to the hospital just for the day, remember... bring food from home with you. Only those kids staying overnight for a video EEG get their food from the hospital.



My Mom and I walked into the hospital room where I was going to have my video EEG. I've had lots of EEG's before, but my doctor and nurse practitioner told me that a video EEG is different. We brought lots of stuff; movies for the VCR, books, snacks, and shirts and pajamas that button down the front. Does my hair look shiny and clean? The nurse practitioner told me I should wash it the night before I came to the hospital for the video EEG.

After I got settled in my room, I met Harinder and Rosalie. They're called Video EEG technologists, but most people in the hospital call them 'techs' for short. Rosalie asked me to sit in a chair so she could measure my head.



Then Rosalie used a red marker to draw dots on my head where the video EEG leads will be. Rosalie explained that leads are round and have wires. Would you like to see what they look like?





I was even able to look at a book while Rosalie measured and marked my head.

The next few pictures show some of the equipment Harinder and Rosalie use for the video EEG.



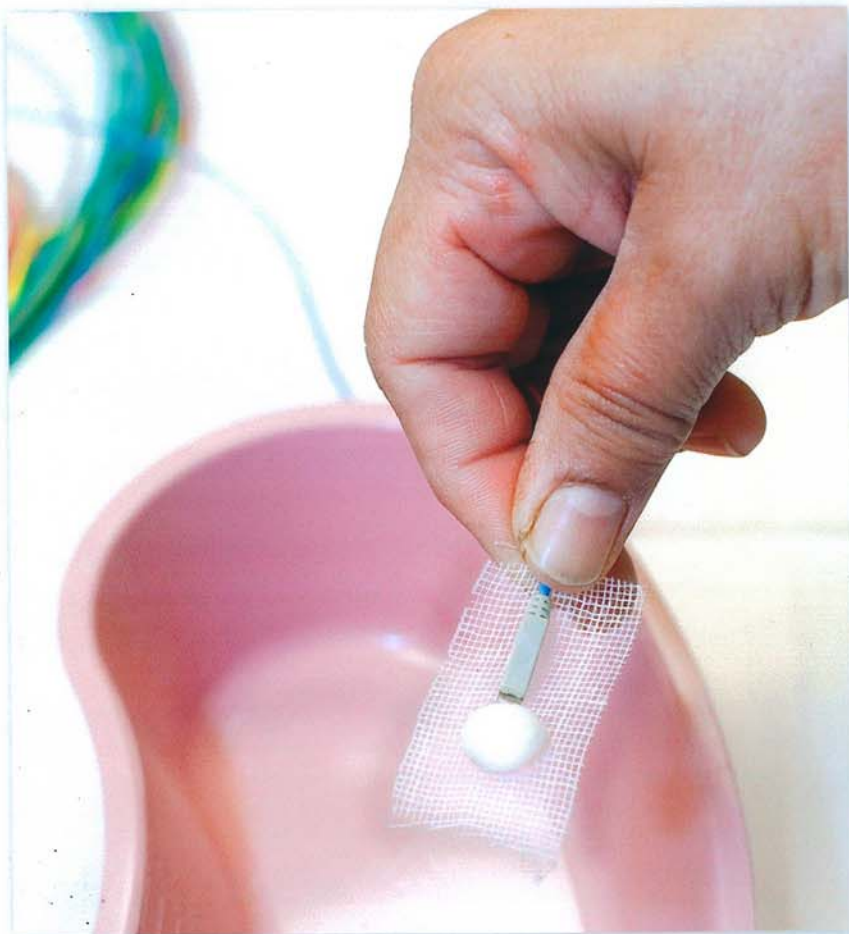
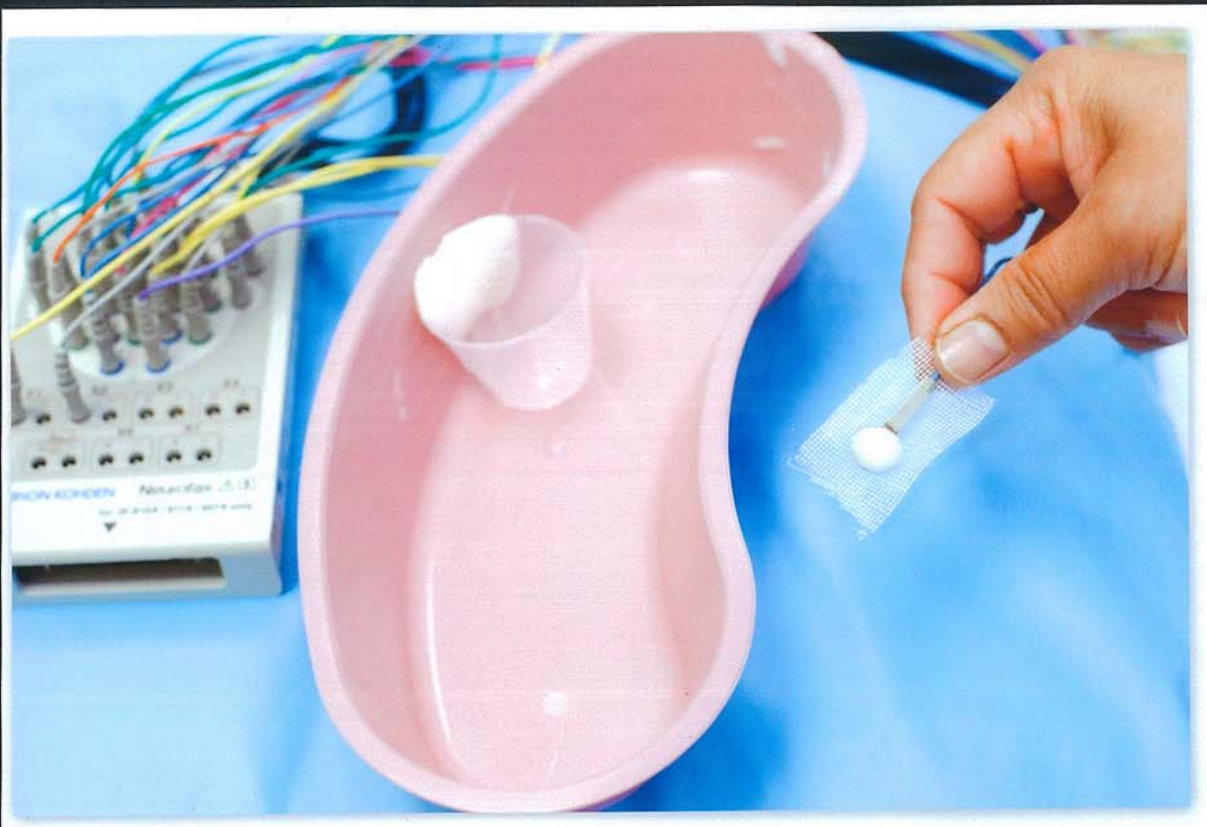
Wow! Look at all the things on that cart! I was a little worried when I first saw the cart, but I felt much better when I learned what they did with all those things. Now I'm going to tell you all about it!



First, the lead goes on your head and then the techs put a gauze patch over it. When the techs put the first lead on my head, I held my nose because I could smell the glue as they were getting the gauze patches ready. The glue had a strong smell.

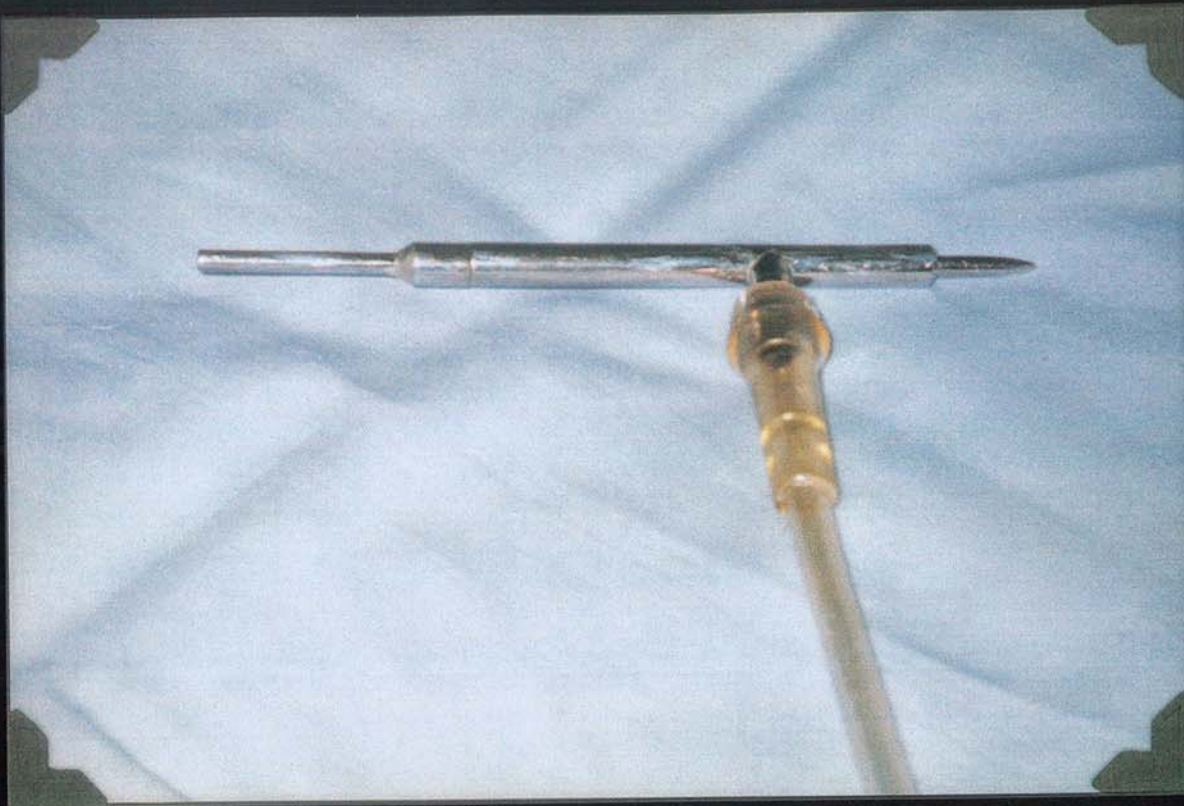


Look at Rosalie! She's wearing the leads for my video EEG around her neck! You can see that each lead is attached to a colored wire. The techs know where to put the leads on my head by their color.



The video EEG tech scoops some gel from a medicine cup into the lead.

You can see the gauze patch behind the lead - that's where they put some glue so the lead will stay in the right spot.



Here's a picture of the dryer and the the machine that pumps air through the dryer.

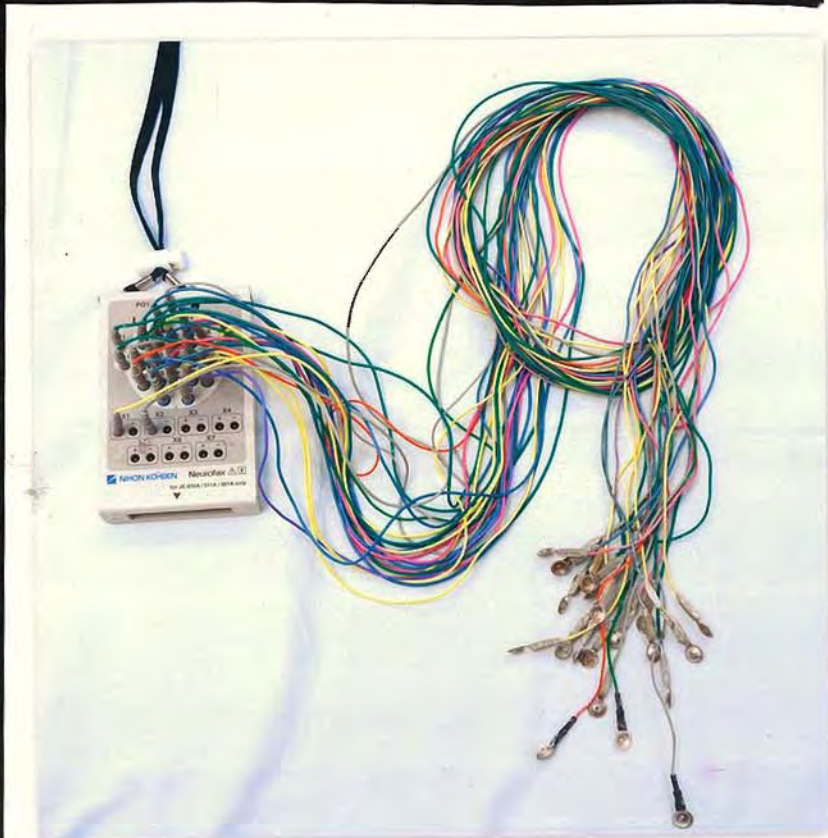




The first time Harinder used the dryer, I was surprised that it felt cold, not like the hairdryer I use at home that feels warm.



Here's a picture of the leads being glued in place. Below are pictures of the relay box - the leads are plugged into the relay box. I had to wear the blue carry bag with the relay box in it or keep it very close to me.





Once all the leads are in the right place, the video eeg techs will wrap your head with a soft cotton gauze to keep all the leads from moving.





The EEG techs wrapped some red, sticky gauze over the white gauze on my head.

Rosalie and Harinder are finished for now.

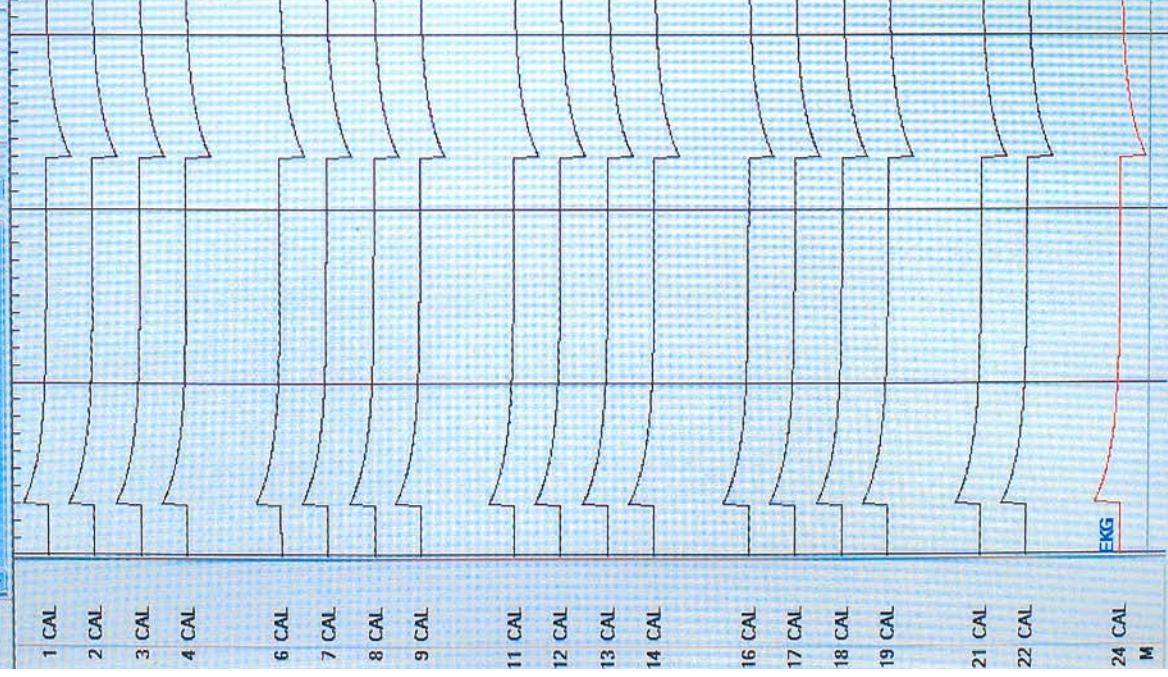


This is a picture of the
video EEG cart
that will be in your room.

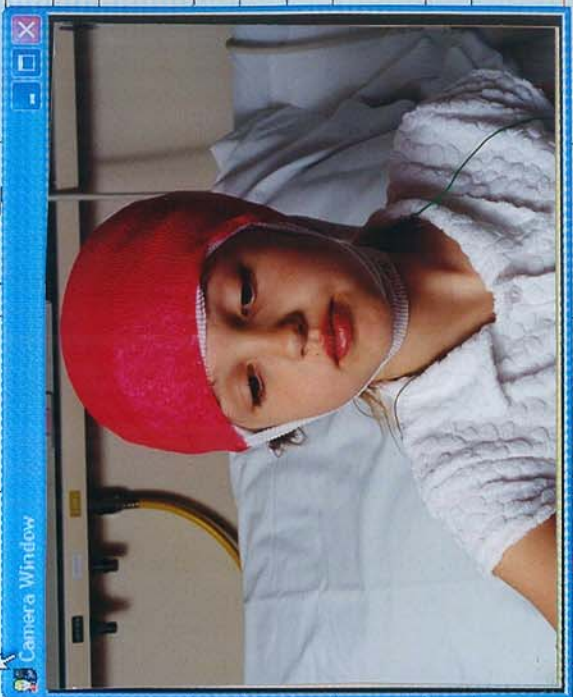


10 uV Sens 0.53 Hz LF 70 Hz HF IA/DB OFF Pat Ref Elapsed 13:57:32 Remaining 10:00:00

EEG Storage Drive C: Elapsed 00:00:00 Remaining 10:00:00



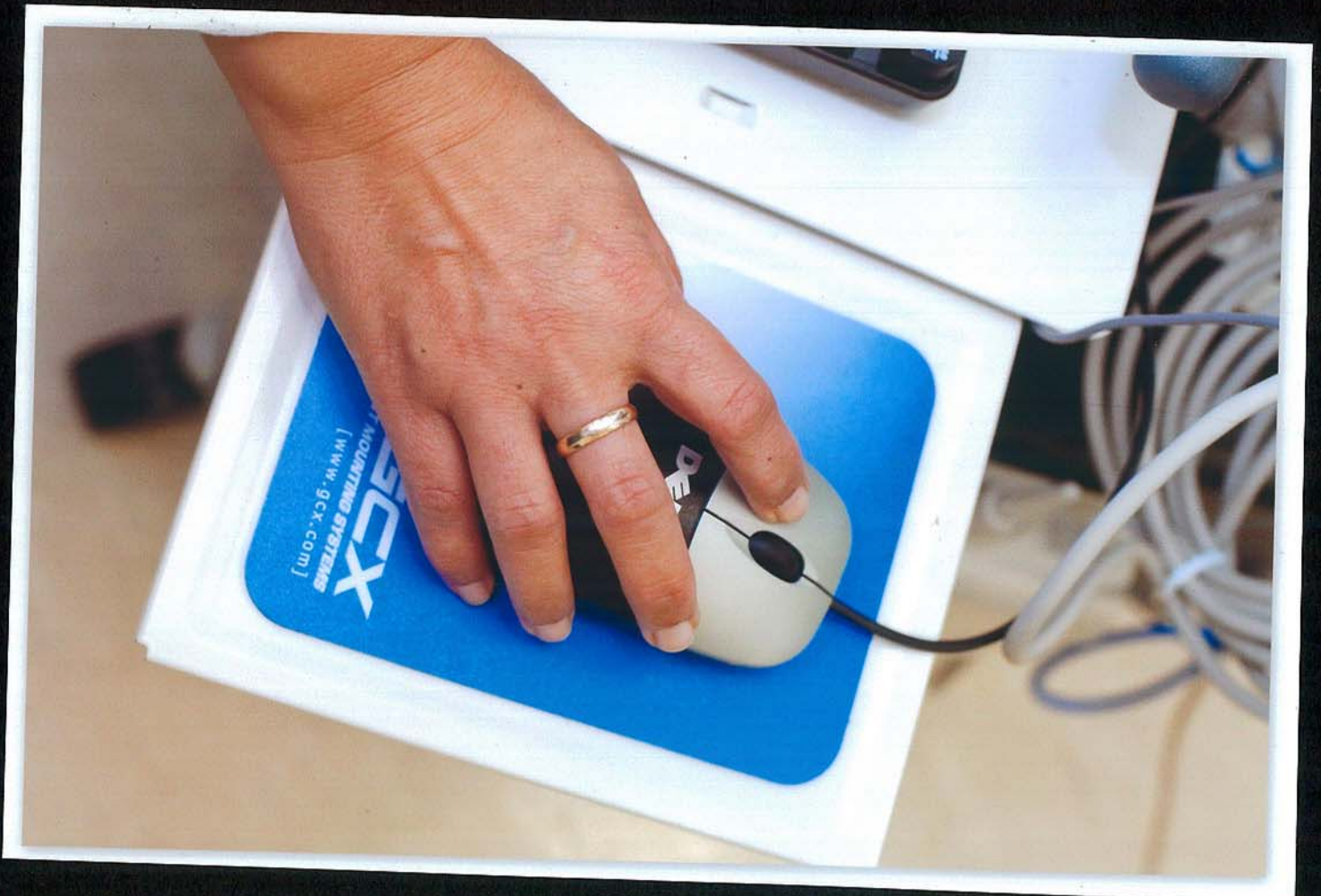
Sony Network Camera... http://192.168.1.110 Sony... S... X



Navigation controls: arrows, WIDE, TELE, CLOSE

The camera is controlled by using a mouse. The video EEG tech will show whoever is staying with you how to use it.

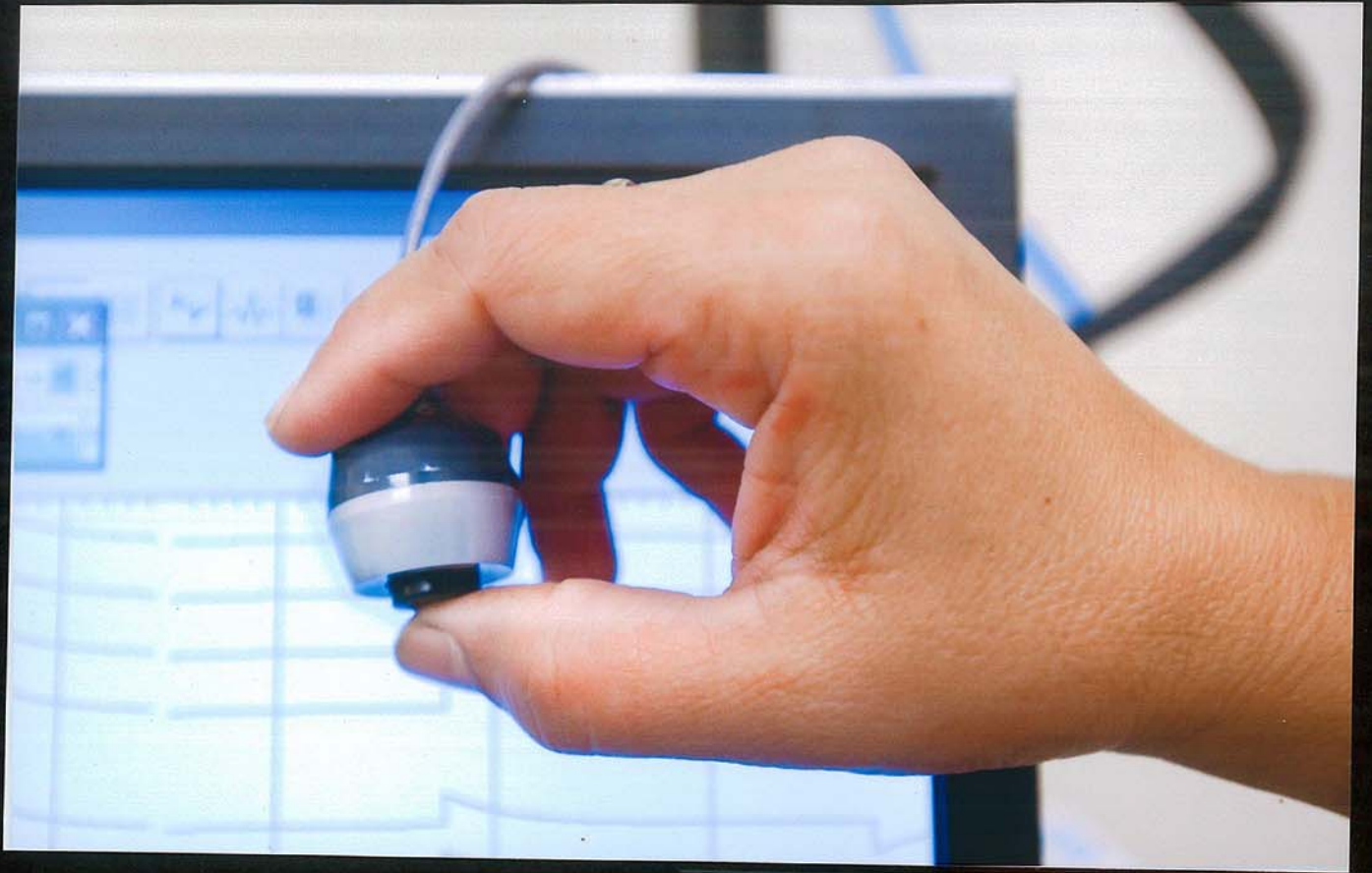
On the next page you can see how the screen will look; an EEG screen with your picture on it! You can also see the screens for controlling the camera.



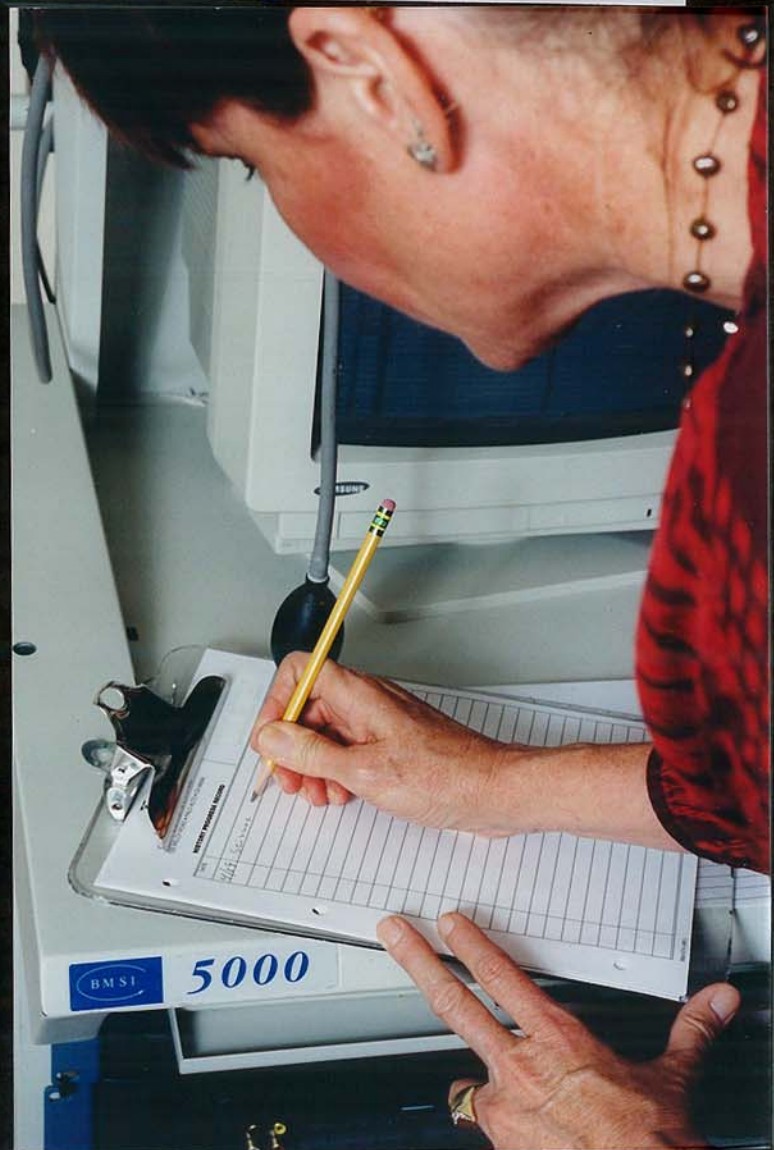


These two cameras are on the cart, one is for daytime pictures and the other is for night time pictures (infrared). The daytime pictures are in color and the nighttime pictures are in black and white.

Now my mom practiced what to
do when I had a seizure.



The VEEG tech explained to my Mom about pressing the button on the long cord when I had a seizure, and then writing what happened on a log sheet.



Child's Name:

Video EEG Seizure Log

[illegible]

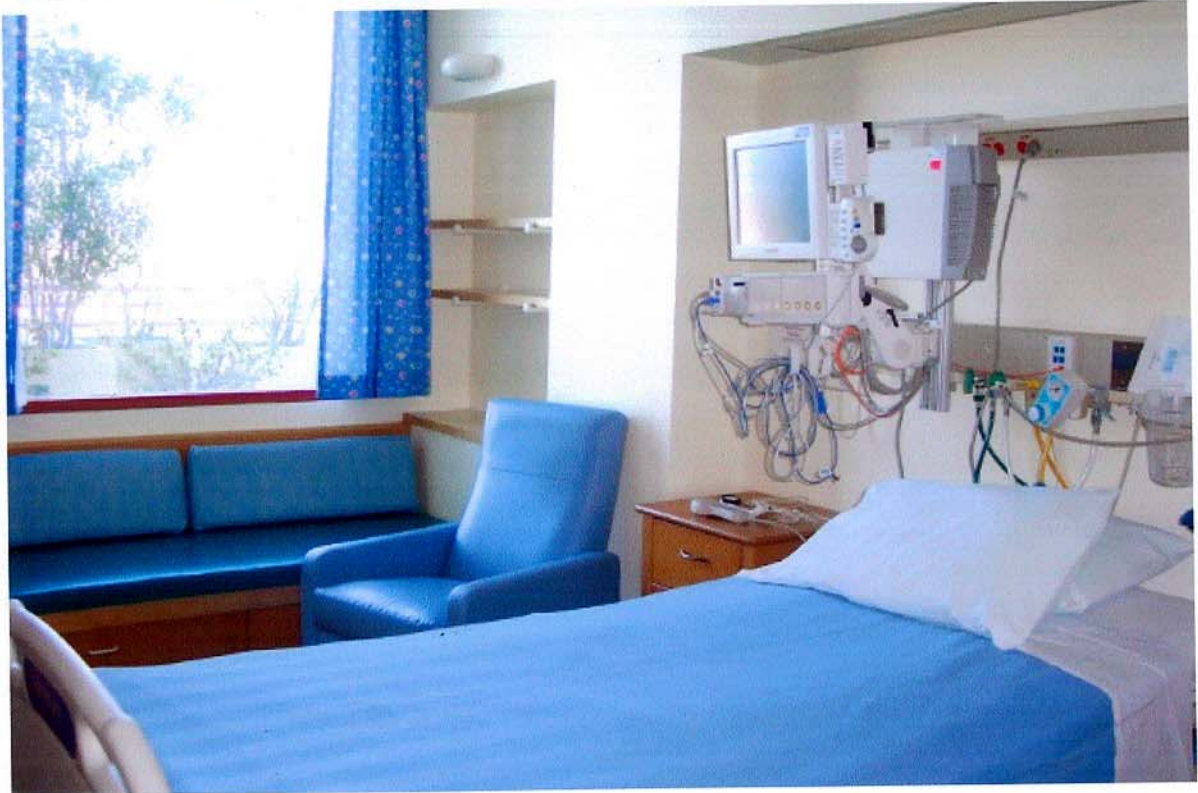


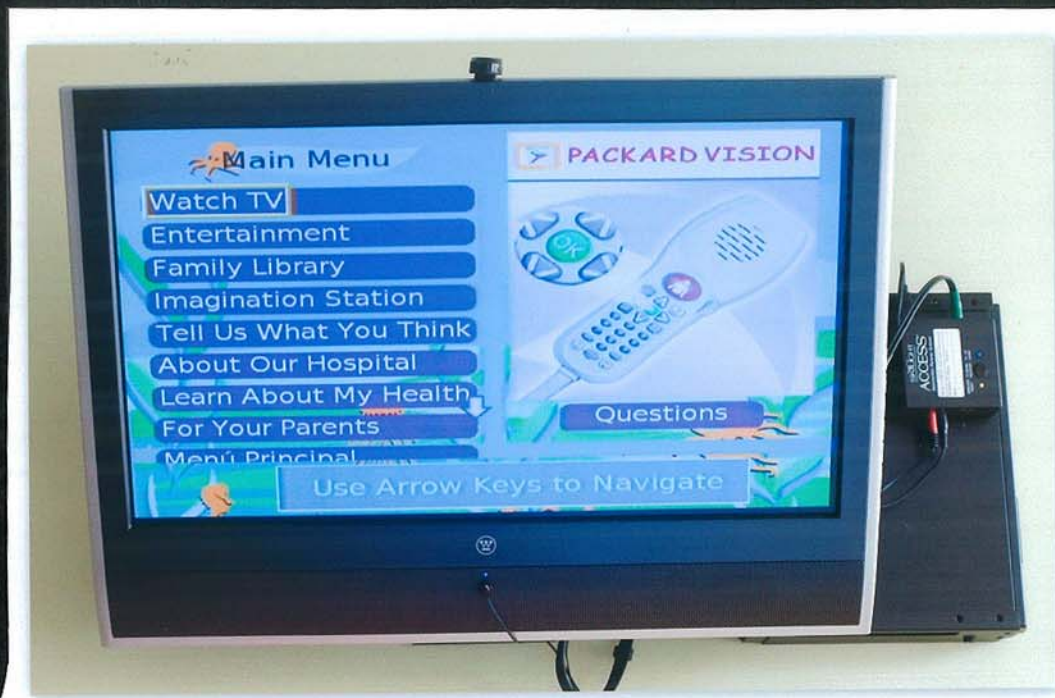
I brought lots of things from home to do during my video EEG.

The food in the hospital comes on a tray, three times a day. (I'm glad my mom brought some snacks from home.) Even though I eat turkey sandwiches and chips at home all the time, it looked different in the hospital. Maybe the tray made the food look different to me.



This is a picture of a hospital room, with my bed and a bed for my mom.



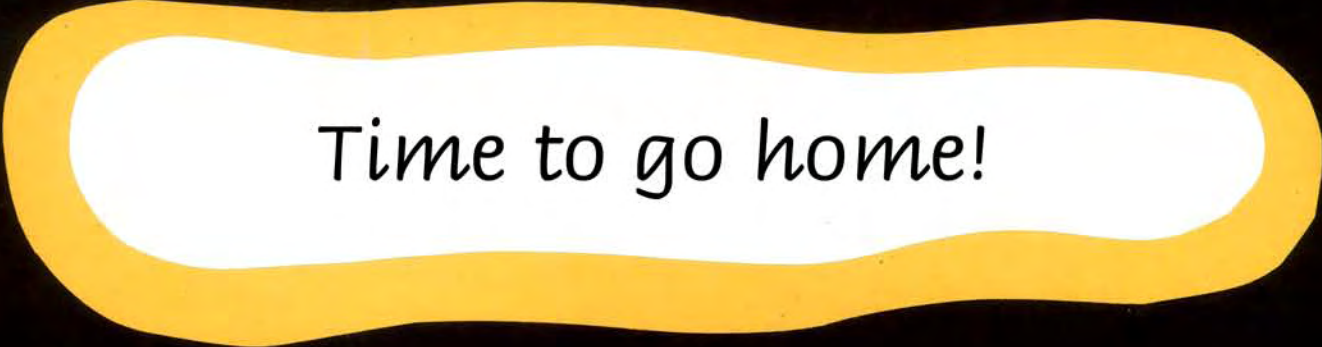




You're not on camera when you use the bathroom. That was good news!

These are pictures of the TV,
the remote control, the telephone,
the DVD player with a Playstation 2.
There are sleep rooms if two people
are staying with you.





Time to go home!



At last my video EEG was over!
Rosalie and Harinder came back to take the leads off my head.
First, they used a pair of scissors to cut the sticky gauze. The scissors only cut the gauze and didn't cut any of my hair .



Next, the EEG techs used cotton balls soaked in glue remover to unstick the leads from my head.



Sometimes it pulled my hair.



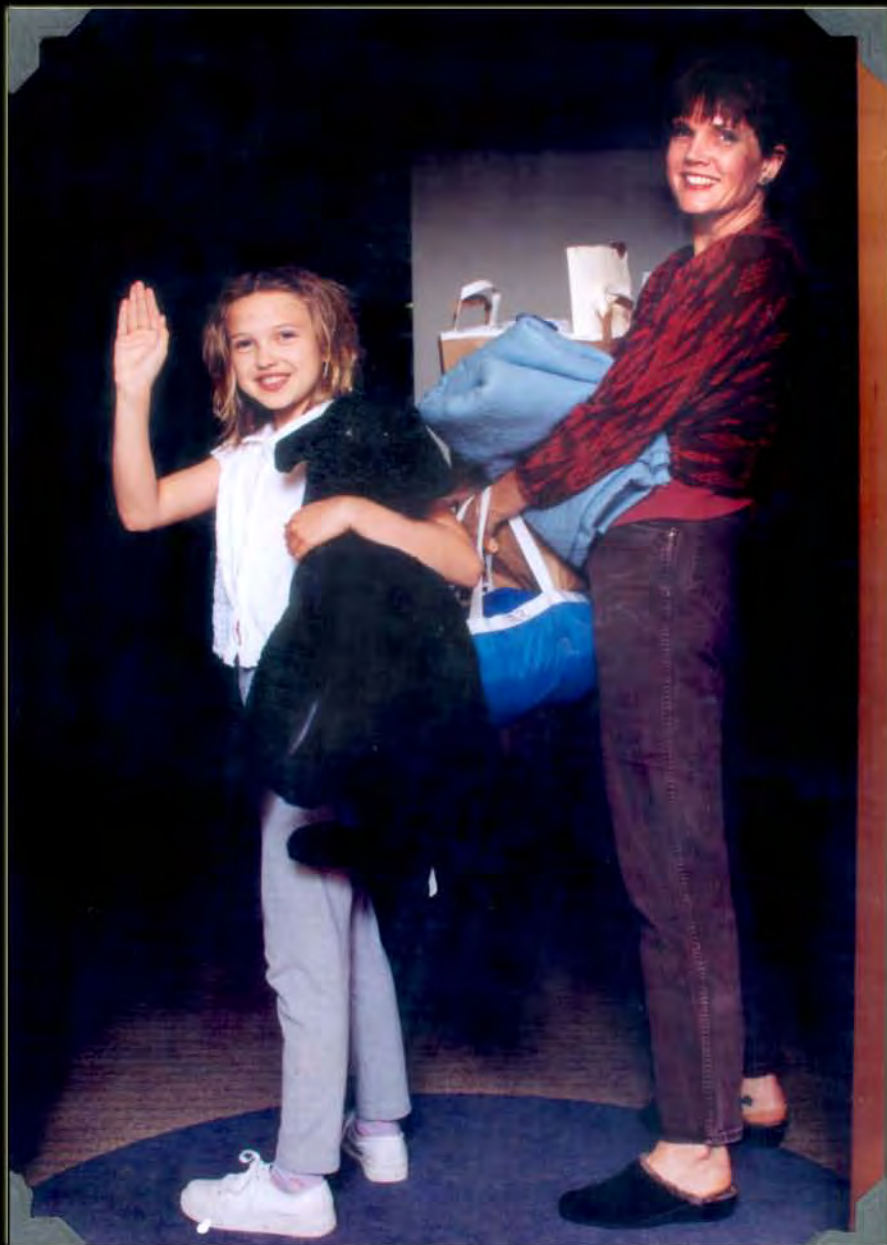
It really helped to put a wet washcloth over my eyes. The washcloth helped to stop the glue remover from bothering my eyes.

I was really happy when all those leads were off.



I couldn't wait to go home and wash all the glue out of my hair!





My mom and I packed up all my things. I said good-bye to all the people who helped me while I was in the hospital having my video EEG. I'M GOING HOME!