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TESTING INSTRUCTIONS for AMBULATORY EEG

Recorder Instructions:

The recorder is on when the amber light is on and flashes. The system runs on two (2) double AA batteries. Both batteries must be **changed every 24 hours**. Please take special care to install the batteries properly matching the (+) of the battery to the (+) of the unit and the (-) of the battery to the (-) of the unit.

Contact the support number if the battery light does not come on and flash after changing the batteries. Usually it takes about 30-60 seconds for the amber light to come on after the batteries have been changed.

Recording an Event:

The **red “EVENT BUTTON”** on the recorder is located on the side of the XLTEK TREX Recorder. It is to be pushed whenever you feel or experience a symptom. Only push the red button one time per event/symptom.

Event Log Sheet:

After an event has occurred, log the time and date that the red push button was pushed. Describe the symptoms on the “**EVENT LOG SHEET**”. Log “**ALL**” events.

Activity Log Sheet

Log your activity on the “**Activity Log Sheet**”. For Example:

- Eating, snacking or drinking
- Bedtime, naps, and wake time
- Taking medications
- Any change in activity
- Children (drinking from bottle, pacifier, eating, and crying)

SPECIAL INSTRUCTIONS TO FOLLOW BEFORE YOUR STUDY:

1. Shower or bathe before your study because once the leads are placed onto your head you will not be able to do so. The equipment must stay dry at all times. **Water will damage the recorder.**
2. Wash your hair and **do not use any hair products** such as hair spray, mousse, gel, or oil.
3. Wear a blouse or shirt that buttons down in the front. This will allow you to change your clothes later on.
4. Your head will be wrapped with gauze/head net. You can cover your head with a scarf or loose fitting cap.

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SPECIAL INSTRUCTIONS TO FOLLOW DURING YOUR STUDY:

1. If glue was used to attach the electrodes please **DO NOT SMOKE**. The glue used to attach the electrodes is **HIGHLY FLAMMABLE EVEN WHEN DRY**. Atlantic Neurodiagnostics **CANNOT** be responsible for injuries due to the patient disregarding this warning! Avoid close contact with an open flame, lit cigarette etc. Again, the glue used during the application process can be flammable along with the head wrap that is used on the head.
2. **Do not shower, bathe, swim or wash your hair. You may sponge bathe only.**
3. Limit the use of caffeine drinks. Do not use any alcohol beverages.
4. Do not chew gum or suck on any hard candy. Document all chewing of food onto the activity log sheet.
5. Avoid contact with electricity and touching the electrodes. No headphones, no electric heating pads or electric blankets touching electrodes or unit. Avoid anything with an electric motor such as: power tools, washer/dryer, mixer, blender, vacuum cleaner etc.
6. Do not use anything that causes vibration to the body.
7. Do not touch the electrodes or the head wrap. If you must scratch your head, use your finger tip only.
8. Do not talk on a cell phone for extended period of times. Cell phone waves can adversely impact the data that is being collected.
9. Do not do anything to cause your body to perspire, such as exercising, being out in the sun etc.

For Parents of Young Children

1. **Never leave small children unattended.**
2. Avoid excessive rocking or patting of a child during the study. If you need to rock or pat, please document it on the "Activity Log Sheet".
3. Avoid extreme physical activity. To help insure electrodes do not become disconnected, avoid jumping, running and wrestling. Moderate activity, such as walking is allowed.

MEDICAL EMERGENCIES SHOULD ALWAYS BE DIRECTED TO YOUR FAMILY PHYSICIAN OR CALL/DIAL 911.