

Reminder Checklist

- Bring all your prescription medicines in their original bottles. Any medicines for which we cannot verify a prescription may not be given.
- Bring pajamas or other clothes with full button or zip down tops if you wish. The electrodes and cables make pull-over tops unworkable. Pajama bottoms, sweat pants, or other bottoms are ok. A hospital gown will also be available.
- As for all EEGs, your hair should be washed and free of oily or greasy gels when you arrive for the testing.
- Bring personal care items such as soap, toothpaste and toiletries. A hospital supply is also available.
- Bring books, magazines, other reading material, games, cards, laptop computers, hobby crafts, or similar items. There is free TV in the room. Free public Wi-Fi access is also available. All personal belongings remain your responsibility.
- Rooms are semiprivate; visitors are welcome during regular visiting hours, but are not permitted to stay overnight.
- Baystate is a smoke-free hospital — smoking is not allowed. Medications to help you stop smoking can be prescribed by your primary care physician, or at the time of monitoring. If needed, ask for a smoking cessation aid, such as a nicotine patch.
- You will get a reminder call a few days before your appointment. If you have any special needs or need more information, please notify us at that time, or call 413-794-4277.

Baystate  Medical Center

Neurodiagnostics and Sleep Center

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A Patient's Guide to Long-Term Video EEG Monitoring (LTVM)



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What is LTVM?

Long-term video monitoring (LTVM) is a specialized form of an electroencephalogram (EEG) in which a patient is continuously monitored on a video screen while brainwave activity is recorded. This allows doctors to observe brainwave activity during the time a seizure or spell occurs.

Why is it done?

It allows your doctor to tell what kind of seizures you have, and how frequently they occur. For potential epilepsy surgery patients, it can help locate the area where the seizures begin. It can also determine the cause of episodic events that look like epileptic seizures, but aren't, for example, fainting or syncopal spells, behavioral episodes, complicated migraines, anxiety or panic attacks.

Where is it done?

Most patients are monitored at the hospital's Neuroscience Unit on the 4th floor of the Wesson Building, though some patients may be monitored on other floors.

How long does it take?

LTVM is done to capture at least one typical event, though in some cases more need to be recorded. On average, this takes five days, but may take fewer or more days of monitoring. Patients are typically admitted on a Monday morning, though admission on other days happens occasionally.

What happens during LTVM?

You will be attended to by the hospital's Neurology team, including physicians, EEG technologists, physician assistants, nurse practitioners, nurses, among others. Your primary neurologist and primary care physician will not be there.

As with an EEG, electrodes are attached to your scalp. The electrodes are connected to a small box which is attached by a long cable that connects to a wall plug, and through this, information is sent to the monitoring equipment.

The cable is long enough for you to lie in bed or sit in a chair, to exercise or go to the bathroom, but you may not leave the room. You will need to make sure you stay connected and stay on camera to capture any events.

You will be able to wash, but not shower or get the electrodes or connection box wet.

You will be given a diary to record your feelings (e.g., an aura) related to any events, and an event button will be attached for you to push. It should be kept near you at all times.

To increase the chances of recording a typical event, your anti-seizure medicines may be reduced or stopped. You may also be sleep deprived for one night. An intravenous (IV) catheter will be placed to make sure any urgently needed medicines can be given.

You will take your other prescription medicines as directed, but other chronic medical problems will not be evaluated or treated differently during the monitoring.

What happens if you have a seizure?

If you feel a seizure starting (an aura), you should push the event button and write what you feel in the event diary. If you realize that a seizure has occurred without warning or without time to push the event button, as soon as you are able, push the event button and note the details in the event diary. You may be examined during an event, for example, to test your memory, speech or ability to move.

What other tests might be done?

Blood tests as well as neuropsychological testing and psychiatric testing may be done. These can help evaluate memory, language, spatial perception, emotional states, and other brain functions, and can help determine where in the brain seizures begin.

What happens at the end of LTVM?

On the last day of monitoring, the electrodes are removed, and if you'd like, you will be able to shower before discharge. Unless otherwise told, you will restart all pre-LTVM medicines. Discharge from the hospital is after 2 p.m. You will be given a 12-24 hours notice and you should arrange for a ride on the day of discharge. The results of the testing will be sent to your referring clinician, and she or he will review them with you.