

AMBULATORY EEG RECORDINGS

PATIENT INSTRUCTIONS

XLTEK TREX VIDEO EEG MONITORING SYSTEM

The XLTEK Digital Video EEG Monitoring System is intended to provide your physician with a Video EEG/EKG recording to help diagnose your symptoms. The XLTEK Video Monitoring System consists of:

1. A waist worn recorder called the TREX.
2. A portable monitoring units with a laptop computer and a video camera.

Patient EEG Instructions

The XLTEK EEG Monitoring System Recorder is on when the amber battery 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 technical support if the battery light does not come on and flash after changing the batteries. **NOTE: Please remove batteries before disconnection of electrodes from scalp.**

Patient Video Instructions

The video camera and laptop computer can only be set up in one location and must stay in one place for the entire length of the study. **DO NOT unplug or move the camera or computer during the study.**

The patient **SHOULD** remain in camera view for the majority of the study. The patient **MUST** sleep in the same room with the video camera and be in camera view.

The patient may walk out of camera view to use the restroom and to change clothes. Otherwise the patient should remain in the room in view of the camera.

The best way to record your video monitoring is to always have indirect lighting in a room. An overhead light is the best lighting to use for recording your study.

1. **DO NOT** sit in front of a window with bright sunlight shining behind you, as it will over-expose the camera and you will appear too dark in the recording.

2. **DO NOT** have any kind of lighting between the patient and the camera or shining directly on the patient or the camera, as the camera will be over-exposed.
3. **DO NOT** have a light on that is behind the patient and/or shining directly into the camera. Same as #1 and #2.
4. The patient should be no more than 15 feet from the camera. During an “Episode” or “Event,” please move closer to the camera if possible.
5. If the patient has a Push Button event, please move closer to the camera to ensure capturing the event.
6. At night, the camera adjusts to the darkness; therefore, no extra lighting is needed when the patient goes to bed. If you do need extra lighting, only a nightlight that plugs into a wall should be used and it should NOT shine directly into the camera.

Following these guidelines should ensure the highest quality picture for your physician to review in assessing your ambulatory EEG information.

NOTE: Please remove batteries from the EEG monitor before disconnection of electrodes from scalp.

NOTE: When finished with EEG Video Recording, please turn power off to the computer. The on/off button is located near the top of the keyboard on the left hand side. It is a grey oval button located by itself. Hold the button down for 1 second and let go. The computer will then shut itself down.

Recording an Event

The Push Button Event recorder is located on the XLTEK TREX Recorder. It is to be pushed whenever you experience your symptoms. Only push alarm button one time per event/symptom.

Push Button Log Sheet

After an event has occurred, log the time and date that the push button was pushed and describe your symptoms on the **Push Button Log Sheet** provided. Log all events.

Activity Log Sheet

Log your activities on the **Activity Log Sheet** provided. For Example:

Eating, snacking or drinking;
Bedtime, naps, wake time;

Taking medication;
Any Change in activity:
With children, sucking bottle or pacifier.

Special Instructions

Do not shower, bathe or wash your hair. **Keep equipment dry** at all times.

Avoid close contact with an open flame, such as a lit cigarette, while the electrodes are in place. The adhesive used during the application process can be flammable along with the head wrap.

Avoid pulling on the cable that connects the electrodes to the TREX recorder. Do not remove the TREX recorder from the carrying pouch, except to change the batteries.

Avoid contact with electricity and electrodes. Do not have electrodes, electrode cables or Trex unit touch other forms of electricity. No headphones, no electric heating pads or electric blankets touching electrodes or unit.

Do not chew gum or suck on hard candy. Document all chewing of food. Document all sucking of pacifier or bottle on Activity Log sheets.

Do not touch the electrodes or the head wrap. The head wrap sometimes will itch after it has been on for a few days. Do not stick anything through the wrap to scratch your head. If you must scratch your head, use your finger tip only.

Never leave small children unattended. With small children, place the cord from the head wrap down the collar (inside) of their clothes to minimize entanglement while sleeping.

Do not talk on a cell phone for extended periods of time. Cell phone waves can adversely impact the data that is being collected.

FOR PARENTS OF YOUNG CHILDREN

Never leave small children unattended. With small children, place the cord from the head wrap down the collar (inside) of their clothes to minimize entanglement while sleeping.

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.

Avoid extreme physical activity. To help insure electrodes do not become disconnected, avoid jumping, running and wrestling. Moderate activity, such as walking is allowed.

**For Technical Support Call: (866) 682-4700 or visit our website at
www.aereeg.com.**

**MEDICAL EMERGENCIES SHOULD BE DIRECTED TO YOUR FAMILY
PHYSICIAN OR CALL 911.**

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