About Your Ambulatory Video EEG Test
Patient Instruction Manual

Patient Name: _________________________ Return to Clinic by: ______________________

The Cadwell Easy Ambulatory EEG test is intended to provide your physician with a video and audio EEG recording to help diagnose your symptoms. The monitoring system consists of:

A. EEG Recorder, worn on waist or in backpack
b. A portable monitoring unit referred to as the Q-Video Mobile Camera

At the clinic
1. Please arrive to your scheduled appointment on time.
2. The clinician will help you put on a shoulder harness and belt that will be worn over or underneath your shirt. The shoulder harness supports a connector for the electrodes. The recorder will be placed in a padded pouch that is worn around your waist.
3. Electrodes will be applied to your head. Note: Other electrodes may be used during the course of your ambulatory recording, e.g., ECG electrodes for monitoring heart activity.
4. The clinician will connect the electrode wires (leads) to the recorder, clip the microphone (optional) to your shirt and make sure the recorder is running correctly.
5. The clinician will show you how to operate the Ambulatory recorder and the Q-Video Mobile recorder and tell you when to return to clinic.

Using the recorder
Many things can affect your EEG record, especially changes in activity and symptoms you experience during the test. You can keep a record of these events in one of two ways: verbally or with a written diary log.

Using the Q-Video Mobile Camera
- The camera will automatically dim during recording. Simply touch the face of the camera to brighten the screen. The camera and microphone will be recording at all times. It is not necessary to continuously touch the face of the camera.
- Do not attempt to open the camera enclosure.
- When moving from one location to another, have someone hold the camera for you to allow you to move safely.
- Always attempt to be in view of the camera.
- Adjust ambient lighting to make sure the recording subject can be clearly seen on the camera. As a general rule, if the picture does not have adequate lighting, your physician will not be able to see you during the record review process.
Always attempt to have the camera within 10 feet of yourself.

Never leave small children unattended with the hardware. Carefully place the equipment in a location where you will not trip over the cabling or become entangled in the wires or cabling.

Connect the AC charger to the Q-Video camera. When the device becomes low on power, an audible alarm will signal you when it needs to be plugged in.

**Recording Events -**

**Recording Events - Using the Q-Video Recorder, Microphone or Written Diary**

To verbally record a change in activity or a symptom, look into the Q-Video Recorder and describe your event, or press the button on the microphone (if attached) and briefly describe your event. **You must keep the button pressed while you are talking.** Voice events must be no longer than 10 seconds. Do not enter more than 15 events per hour.

**Note: If you are using the Q-Video recorder, there is no need to use the voice event button. Simply speak into the device clearly.**

If you are keeping a written diary, press the button labeled on the recorder when you change activity or experience a symptom. Then, note the time of day and write a brief description of the event in your diary. **The diary / Push Button Log is attached.**

**Do’s and Don’ts**

For your personal safety and the best test results, the following rules and precautions have been established. Please read them over carefully and ask your clinician if you have any questions.

- Do not drop the recorder or the Q-Video Mobile camera
- Do not tamper with the recorder or Q-Video Mobile camera, electrodes or electrode leads. Caution must be taken to ensure that cables do not encircle the neck or entangle or trip you in any way.
- Do not get the recorder or Q-Video Mobile camera wet. You cannot take a bath, shower, or go swimming during the test.
- Do not brush or comb your hair. Electrodes could fall off during the test may need to be rerun.
- Do not sleep with an electric blanket or on a water bed with a heater on. These items generate electrical fields that may interfere with recording.
- Do not chew gum during test.
▪ If an electrode falls off during the test, press the microphone button and record it: or, press the button on the recorder and note it in the diary. If it occurs during clinic hours, call the office. You may be asked to return to the clinic so the electrode can be re-applied.
▪ Do not use the Q-Video Mobile camera if the screen is broken or cracked.
▪ Keep the Q-Video Mobile camera dry and do not subject the camera to extreme temperatures.
▪ Do not place the Q-Video Mobile camera on a hot surface.
▪ Do not use the Q-Video Mobile camera if it has been exposed to a liquid.
▪ Ensure the camera is securely mounted in the enclosure.
▪ When in transit, ensure the camera is properly secured.
▪ Ensure the patient will not trip over or become entangled in the Q-Video Mobile camera charging cable.
▪ Do not place the Q-Video Mobile camera on any part of the body, including the chest.
▪ Do not place the Q-Video Mobile camera in a location (such as directly above the body on the headboard) that may result in bodily harm should the camera fall.

Final Checklist before leaving office

✔ Review the Do’s and Don’ts
✔ Understand how to enter a voice event
✔ Understands the “Patient Push Button Log / Diary“
✔ The technician has advised the patient how to disconnect the recorder pouch from the waist and how to place the pouch on a table near the bed during sleep.
✔ New batteries have been used for this recording session and extras sent with patient
✔ Prior to leaving the clinic, the technician has verified that the recorder power LED (I), the recording LED (R) and the green LED on the amplifier / connector box are all flashing one time per second (indicates normal operation)
Patient Reference Guide

Ambulatory EEG recording Device

1. **How do I know that the EEG recorder is working?**

   Most likely the EEG recorder is on your waist, looking down into the hold on the top of the pouch, you should see the (I) and (R) light next to the button blinking about once a second.

2. **What is the button on the recorder for?**

   The Patient Event Button marks clinical study at the point in time. Your physician’s office will instruct you on when to utilize this button before you are sent home.

3. **How do I know the batteries are getting low?**

   This devise is powered off 2 D cell alkaline batteries. The batteries last between 48 and 72 hours. When the device is getting low on battery power, the I light will begin flashing at a fast rate (about 5 times per second) and eventually the (R) light and (I) light will shut off. Change the batteries at the designated time or when the (I) light starts flashing at a faster rate so that data will not stop recording.

   Change the batteries on ____________ at __________.

4. **How do I change the batteries?**

   If previously instructed by a technician, unzip the recorder pouch, remove both D cell batteries and replace with fresh batteries provided by doctor’s office. The batteries must be replaced in the correct position.
Q-Video Mobile video recording device

1. When do I charge the Q-Video Mobile Device?

   The device should be charging at night when you are sleeping. It is also recommended to have the device charging when you are sitting or stationary for a prolonged time.

2. How do I charge the Q-Video Mobile device that is recording video?

   To charge the device, simply plug the AC adapter into input 3. When charging, both the red and green lights will be lit (lights 1 and 2). When the device is fully charged, the red light will turn off and only the green light will remain lit. The device can now be unplugged.

3. How do I know the Q-Video Mobile device needs to be charged?

   The video device will alarm once every 5 minutes when it is lower on power, also the battery indicator on the screen will be red. Plug the device in as soon as you can to charge.

4. The display screen dimmed, how do I brighten the screen back up?

   Simply tap the screen to brighten the screen. This is not required, this simply allows you to see the image quality of the video being stored for your study.

5. How do I make sure that there is enough light in the room when I go to bed?

   This is a clinical study, therefore you want to make sure that the video quality is the best it can be for the physician who will be reviewing the data. Typically, a hallway light with the door open, a bedside lamp, or another standard light source will provide enough lighting throughout the night. As long as you can see yourself in the display clearly, then the doctor will be able to use the video data being captured. *Note: Make sure the light source is behind the Q-Video Mobile device.

6. How do I make sure that I am being recorded with the Q-Video mobile device?

   As long as you are on the Q-Video Mobile display, you are being recorded. What you see on the display is exactly what is being recorded for your clinical study for the doctor to review.
Push Button Log Sheet

Patient Name & D.O.B.: ____________________________

Date of Recording: ____________________________

When you experience a symptom, press the button on the recorder. Note the following types of symptoms and/or activities. Enter a description of why the button was pushed and what occurred during the event.

- Seizure
- Dizziness
- Fainting
- Heart pounding
- Nausea
- Shortness of breath
- Pain
- Walking, Sitting
- An Electrode falling off
- Changes in emotion
- Medication taken during test
- Driving

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<th>Event #</th>
<th>Time / Date Button Pushed</th>
<th>Brief Description of Activities</th>
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