



Getting Ready for your Long-Term Monitoring - Pediatrics

What to Expect

Like an inpatient EEG, Long-Term Monitoring (LTM) involves pasting electrodes to the scalp and being exposed to various stimulations in the hopes of clinically observed a seizure. The electrodes will be replaced every 24 hours. In addition, the patient is simultaneously recorded by a video-camera. Patients stay in the hospital for LTM for a few hours to a few days, depending on how long it takes to successfully detect a seizure. They will be asked to stay in bed / in view of the camera throughout that time, though there will also be private bathroom access. Typically, a parent who has seen the seizures or spells will be asked to stay and write down symptoms as they occur.

How to Prepare

- Pack enough materials for yourself and your child to stay in the hospital for up to five days, though your physician may be able to give a better estimate of the duration of your stay
 - Note that foldout sleep chairs and meals are provided for one parent or guardian
- Ensure that at least one adult who has seen the seizures / spells in the past will be staying with the patient being monitored at all times
 - It can be helpful to take turns with adults who know the child well
- Once the procedure is over, it is normal for some glue to stick in the hair, which can be removed by applying baby oil or hair conditioner to the clumps and scalp for 15 minutes prior to shampoo

Things to Bring

- Books, videogames, movies, homework, games
- A pillow or blanket from home
- Comfortable clothing, ideally tops or gowns that button down the front
- All of your child's medications and a list of discontinued medications

Results

A pediatric neurologist will discuss the results with you and your family. It may take some time for your doctor to review the data. When you discuss the results with your provider, it can be helpful to take notes and jot down questions to ensure understanding.