

# Ambulatory Video-EEG Telemetry study (VTM)

## 1. What is Ambulatory Video Telemetry Study?

- a. VTM is a gold standard diagnostic tool that measures brain wave activity and behavioral activity for an extended period of time. The camera will record behaviors while the electrodes on the scalp record brain activity. Ambulatory VTM is performed at your home after being hooked up in Dr. Peng's office. Recording time can vary but the typical test length is 24-48 hrs. depending on your/your child's medical needs.

## 2. What is clinical conditions require VTM study?

- a. Seizure/Epilepsy, Stroke/TIA, Dizziness/Syncope, ADHD/Autism/Behavioral disorders, Concussion with Alteration of Mental Status, Headaches with Aura/transient neurological deficits, Unusual Spells/Tics/Involuntary Movements, Episodic words finding difficulties/Confusion

## 3. How do I prepare for an Ambulatory VTM study?

- a. Bring a loose shirt that button down the front (example Pajama top).
- b. Clean and dry hair prior to hooking up
- c. Continue all medications unless otherwise specified.

## 4. What is like for Hooking up. During VTM, and Unhooking?

- a. An EEG technologist will apply the electrodes to your/your child's scalp with a paste in the office. The total hooking up time is approximately 60 mins
- b. You will be sent home with a small backpack with all portable devices including a portable video camera
- c. Keep yourself or your child in the view of camera at all times if possible
- d. Log down clinical events on the log sheet for Dr. Peng to review.
- e. Most daily activities can be done during the test, but any strenuous activity is not recommended.

**Encourage resting and sleeping during the recording. feel free to take Benadryl 25mg-50mg/dose to alleviate discomfort and sedative for sleep.**

- f. Once the VTM study is completed, please cut off the disposable leads and bring the backpack /Video back to Dr. Peng's office during clinic hours as instructed.

## 5. When do I get VTM results?

- a. You and your child will be given a follow up clinic appointment with Dr. Peng within a week to discuss VTM result and medical management accordingly. If the patient is a child, the child must be present at the follow up.

***If you are unable to keep your appointment, please call our office as soon as possible. There will be a \$100 charge toward EEG technologist for cancelled appointment within 48-hour business time!***