

Seizure Disorders: Short Term Monitoring (STM)

Your child's Short Term Monitoring is on (date) _____ at
(time) _____ in the Neurology Clinic located on the 2nd floor of the
CHW Clinics Building, Suite 210.

- Please arrive 15 minutes before you scheduled appointment to allow some time for checking in.
- If you have questions about insurance, contact your insurance company.
- If you need to reschedule your child's appointment, please call 414-266-6828

This information will help you and your child know what the STM is and what to expect. If you have questions after reading this sheet, please call 414-266-6828.

If your child has a cold, the flu, or a fever, please call 414-266-6828 before coming for the STM. If your child is ill, the appointment may be rescheduled.

A parent or legal guardian must be present for your child to be checked in. If you are the legal guardian, please be sure we have the legal documents that confirm your status. If a parent or guardian cannot come in, the STM will be rescheduled.

What is STM?

- STM is a way for your child's doctor to see how your child's brain works during a seizure. The STM machine picks up tiny impulses from the brain and records them. A video camera and microphone will also be used to record during the STM.
- Your child's doctor will look at the data collected. The doctor will decide what the best treatment will be based on the data.

Does it hurt?

No. Your child will feel no pain during the recording. The EEG electrodes often itch. It may be uncomfortable for your child to sit still while the EEG electrodes are being placed. It takes about 45 - 60 minutes to attach the EEG electrodes.

How do I prepare for the STM?

- Wash your child's hair the night before the STM appointment. **Use shampoo only.**
- Do not put anything else such as cream rinse, conditioner, oil, mousse or hairspray on your child's hair or scalp.
- Hair must not have braids, extensions, weaves, or hairpieces. If our staff are unable to easily get to your child's scalp the STM may need to be rescheduled.
- No chemical treatments should be done within 48 hours before the test (coloring, perms, relaxers, etc.)

Who will we see during the stay?

- During your child's stay, you will see EEG Technologists.

Can I stay with my child?

Yes. A parent or guardian **must** be with their child at all times during the STM. The EEG staff may be able to give you a break for short times during the day. If a parent or guardian cannot be present for the whole time your child is here, please contact your child's nurse before the STM is scheduled.

What should I bring to the hospital?

Your child will not be able to leave the room while being monitored. Bring plenty of things they like to do. Some ideas are:

- Videos or DVDs
- Books
- Playing Cards
- Schoolwork
- Games
- Favorite blanket or stuffed

How long will my child be monitored?

- STM is usually four to six hours long.

Safety Information for STM

Your child is having STM to evaluate seizures. These safety tips will help prevent injury if you child has a seizure. The EEG technologist can answer questions you may have about these safety tips.

- Do not let your child:
 - Jump on the bed or chairs.
 - Run in the room.
 - Leave the room while STM is being done.
 - Play with the video equipment, including the cables.
 - Play with sharp toy or objects.
 - Sit on the edge of the bed to eat.
 - Chew Gum.
 - Eat hard candy.

Note: A parent or guardian must be with your child at all times during STM.

What can my child do during the monitoring?

- Have friends and family visit.
- Watch movies and videos. There is a VCR/DVD player available.
- Use the bathroom.
- Watch TV or listen to the radio. Cell phones and laptops may be used by your child in battery mode only.

What will happen when we get to the hospital?

- An EEG Technologist will ask you questions about your child. You will also learn about how to keep your child safe during the test.
- Markings will be drawn on your child's head with a red or blue marking pencil.
- The EEG Technologist will clean the skin on your child's head with a special cleaning lotion.
- About 30 electrodes will be glued onto your child's head. This glue is a special gauze and glue mixture and does not hurt when it is put on. Your child's hair **will not** be shaved to put the electrodes on.
- Once all the electrodes are in place, your child's head will be covered with a large piece of gauze. This protects the electrodes. The whole set-up for the STM takes about 45 minutes to 60 minutes to complete.
- The electrodes will be attached to the video camera.

What about my child's medicines?

- Give your child their medicine at the normal time before they come to the appointment
- Bring a list of your child's medicines to the hospital.
- Your child's doctor will tell you if changes are needed in your child's medicine, after the STM.

How will I know the results of the STM?

The results of the test will be sent to the doctor who ordered the test. It takes about 7 to 10 business days to get the results.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.