



**ALASKA BRAIN CENTER, LLC**  
**Jeffrey L. Sponsler MD, MS**  
**Diplomate of American Board of Psychiatry and Neurology**  
**Board Certified in Electrophysiology**  
4551 East Bogard Road  
Wasilla, Alaska 99654  
Phone: (907) 373-6500 Fax: (888) 456-0663

You are scheduled for admission to Mat-Su Regional Medical Center for Video EEG Monitoring on \_\_\_\_\_ at \_\_\_\_\_:\_\_\_\_\_ AM.

Please arrive at the hospital 20 minutes prior to your appointment time to complete registration. This is an elective admission to the hospital for an extended EEG with a typical duration of 3 to 5 days. You may pre-register for admission by calling 861-6858. We encourage you to do this at your earliest convenience.

The information obtained during this testing will help classify your seizures, or loss of awareness, and may indicate changes in treatment or new treatment that might be beneficial to you. Benefits may include reduction of medication side effects, reduction of seizure activity or even eliminate seizures completely.

You need to continue to take your medications prior to admission. However, **please do NOT take your seizure medication the morning of admission, unless** directed to do so otherwise by Dr. Sponsler or a nurse.

Dr. Sponsler may adjust your medications, but do not make any medication changes before your admission unless instructed to by Dr. Sponsler. Please bring all of your current medications, in their original bottles, for Dr. Sponsler to review. After he writes your hospital orders, you may send your medications home.

In order to make your hospital stay more comfortable you may bring in personal items. For example: toothbrush, toothpaste, and deodorant, reading materials, puzzles, crafts or other quiet activities to help pass the time. You may wear your own clothing, but shirts or tops must button or zip up the front of the garment. This makes attachment of the monitoring electrodes more convenient. You may also bring snacks from home. DO NOT bring cash or valuables with you.

During your stay you will be confined in bed. The side rails of the bed will be padded and maintained in the up position for your protection in the event of seizure. You will have enough cable attaching you to the monitor to allow use of the toilet in the bathroom.

Shampoo your hair at home before coming to the hospital, but do not use any styling products (gels, hairspray, etc.), as they will interfere with the scalp electrodes used for your test. You will not be able to shower, but can have a sponge bath at the bedside.

Any electrical devices that you bring **MUST** be checked for safety by the hospital facilities department before being used in the hospital.

You will be staying in a private room and may have visitors during your stay. Regular hospital visiting hours are from 8:00 am to 8:00 pm. Family members may stay beyond these hours.

If you have any questions, or need to cancel or reschedule your Video EEG admission, you **MUST** call Alaska Brain Center, LLC as soon as possible at 373-6500. Our hours are M-F 8am-4:30pm.

If you have any additional questions, please call Alaska Brain Center, LLC at 373-6500.