



★ Trustpilot

# Preparing for at-home video-EEG-ECG monitoring

Everything you need to know



Capturing brain and heart activity together with video over several days is the best way for your doctor to understand your events and make an accurate diagnosis.

The idea of long-term monitoring can be daunting. It's our goal to put you back in control by allowing you to have the testing done from the comfort of your own home.

“

Was a much better experience than in hospital video monitoring. The staff were friendly and happy to walk me through any issues.

”

“

Very professional and helpful. It was such a blessing having the option to be at home while being monitored instead of needing to stay in hospital away from family.

”

“

So wonderful to have this service available outside of a hospital, with very short waiting period and bulk billed. So much nicer to be able to complete it in the comfort of own home. Very supportive and understanding staff. Thank you SEER!

”

“

The team at Seer were very helpful, friendly, straightforward, and made the whole process easy and comfortable no matter how daunting the concept was.

”

# Preparing for your appointment

When you come to the clinic, our medical scientists will take measurements of your head and place electrodes on your scalp and chest.

You'll be fitted with one of our systems that supports the recording equipment:

- a removable belt,
- a removable harness, or
- Seer Sense™,

and you'll go home with a monitoring hub.

## For your appointment:

- Wash your hair the night before so it's clean and dry
- Wear a button-up or loose-fitting shirt. This makes connecting the chest dots easier for us and changing clothes later easier for you
- Travel by car so that you can bring the equipment home (please contact us if you are unable to arrange travel)

Attaching electrodes to the scalp can be done using one of two available adhesives.



Collodion is the standard glue that is also used for hospital-based testing. It's a strong glue that is suitable for all hair types and ensures the electrodes stay in place throughout the monitoring period. If you have skin or scalp sensitivity and have been booked for a full monitoring period of seven (7) days, let us know immediately and we will adjust your booking as needed.

See Appendix 1 for more information.



WaterTabs™ are a gel-based adhesive developed by Seer Medical. Availability is limited and is dependent on monitoring conditions and patient profile. If your monitoring conditions are suitable for WaterTabs™, a Seer Medical team member will contact you.



# When you get home

At-home monitoring is meant to fit into your regular home routine. Once you're home, set up the monitoring hub with the camera extended in the corner of the room you'll be in most. After that, there are just a few dos and don'ts to follow.

## Do



- Make sure you're in view of the camera as much as possible
- Use the Seer App to report events. See Appendix 2 for more information.
- Stay at home and do what you normally would. Only leave the house for essential appointments

We check the quality of the data recorded daily to ensure test results are accurate. If there is ever an issue with the equipment or the data recording, a support team member will call you.

## Do not



- **Alter your medication or treatment during the monitoring period unless indicated by your doctor**
- **Do any physical activity.** Sweating will reduce electrode recording quality
- **Wear hats or scarves on your head.** They can create interference with the electrodes
- **Chew gum.** Facial muscle movements from chewing gum create false signals in your recording
- **Use plugged in electronic devices or leave them on your bed during sleep while they are plugged in (e.g. electric blankets, laptops, mobile phones, etc.)** Being in physical contact with devices while they are plugged in creates electrical interference in your recording



## Disconnection

On your last day of monitoring, you will come back to the clinic to be disconnected.



If your electrodes are applied with collodion, the appointment can take between 30 minutes to one (1) hour. Collodion is a strong adhesive and the removal process can be uncomfortable for some. For more information, please see Appendix 1.



If your electrodes are connected with WaterTabs™, you will be self-disconnecting at home before your disconnection appointment. You will need to return all of the monitoring equipment to the Seer Medical clinic at your appointment.

## Results and report

Reports are prepared within four (4) weeks after your monitoring is complete and you'll receive an email when the report has been sent to your referring doctor.

Your doctor will review the results with you and discuss a medical diagnosis at your follow-up appointment.

It is highly recommended that you schedule your follow-up appointment with your doctor (if you haven't already) roughly 4-5 weeks after the end of your monitoring.

### We're here to help

If you have any questions, call the number below and a Seer Medical team member can help.

 1300 869 888

Mon-Fri 9:00am-5:00pm AET (Melbourne/Sydney)

 [info@seermedical.com](mailto:info@seermedical.com)

# Appendix 1 – About collodion adhesive



EEG testing over several days involves gluing electrodes to the scalp. The standard glue hospitals and other services around the world use is called collodion.

Collodion is preferred over other adhesives because it is extremely strong and durable for day-to-day wear. During sleep, for example, the head moves around on the pillow or mattress for several hours. Electrodes must be stuck on tight enough to withstand this kind of movement. It also has a high resistance to moisture – so it is water-resistant and sweat will not affect collodion's grip on the scalp.

It is an ether-based glue, which means that it can only be removed with a solvent like acetone. Removal can take some time and some people find it very uncomfortable both physically and because of the smell of the acetone.

If not removed properly, the glue will remain on the scalp, causing additional irritation.

Even after proper removal, some small amounts may remain in strands of hair. For aftercare, we recommend using an oil – such as coconut oil – to help loosen the glue from the hair. A generous amount should be used and allowed to stay on for several hours, followed by gentle combing to remove.

Please note that oil will not remove glue from the scalp. It is only recommended for loosening remaining glue from hair strands.

For best results, we highly recommend going through the full process of removal while in our clinic so that you do not go home with glue on your scalp.

**If you have skin or scalp sensitivity and are booked in for longer than four (4) days of monitoring, please let us know.**

# Appendix 2 – The Seer App



Using the Seer App to report events during your monitoring plays an important role in the analysis of your data. Reporting events helps our scientists when they are reviewing data and helps your doctor make an informed diagnosis. There’s no need to wait until your monitoring to start using Seer.

The Seer App is a useful tool for event tracking and management – even after your test is complete. Whether you have a confirmed diagnosis, or are still trying to get to the bottom of your events, Seer App can help you monitor your events and reveal clues to help your doctor with treatment.

To download, search “Seer Medical” in the App Store or on Google Play.

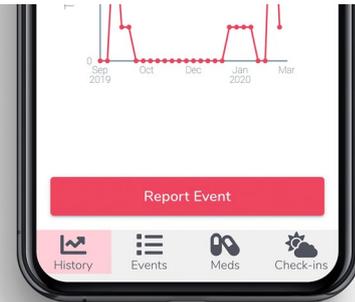


## How to use the Seer App

### Reporting events

To report an event, open the app and tap the ‘Report Event’ button.

You can include details such as event duration, symptoms and notes.



### Viewing events

Events can be reviewed to see long-term patterns and cycles. Average cycles shows the average amount of times you have events. Total events show all the events you have reported.

Over time, the app gains insights that can be used for forecasting the likelihood of your next event.

