

AMBULATORY EEG (ELECTROENCEPHALOGRAM) INVESTIGATIONS

This leaflet is designed to give you information about the test for which you have been referred so that you can feel informed and prepared on arrival to the department.

What is an EEG?

EEG is an abbreviation of **E**lectro**E**ncephalo**G**ram which is the recording of electrical activity produced by the brain.

Before the test

What preparation is needed?

Please make sure your hair is clean, dry and free from grease, hair spray and any other hair products on arrival.

Please continue to take your normal medication at the usual times and have your meals at your usual times. It is useful to bring a list of your normal medication with you to show to the technician performing the test.

Please inform the technician before the start of the test if you have previously suffered any allergic skin reactions to sticky plaster or latex so that alternatives may be used.

How is the test done?

A technician will start by taking measurements of your head and then attach 23 small discs onto your head using special glue in your hair and tape to hold them in place on your skin. The skin under each disc has to be rubbed gently to ensure the discs have good contact with your skin. The discs are disposable and a new set is always used for each patient. Attaching the discs takes up to 45 minutes. Your heart rate will also be recorded from sticky tabs placed on both of your shoulders.

The discs are attached to long wires connected to a small recorder which you can put around your waist or on a shoulder strap. You will then go home wearing the recorder and the discs remain on your head. You will need to come back to the department the following day so we can stop the recording and take off the discs. Sometimes your doctor may request a further 24 hour period of recording, in which case we will change the batteries, check the discs and continue the recording.

After the test the discs are removed using a solvent. We will make every effort to remove the glue but afterwards you may find small pieces of glue will be left in your hair which can take a few days to come out. If you have acetone or nail varnish remover at home this can help remove the remains of the glue, ensure you wash this out afterwards.

24 hour EEG Diary

You will be asked to keep a diary of your activities during your 24 hour EEG test. Please note periods of activity, rest, eating, drinking and sleeping. Also note times and description of any typical symptoms.

It will not be necessary to make a minute to minute diary but try to make a note of what you are doing at least every half hour while you are awake.

IMPORTANT. Please ensure you have your **MOBILE PHONE SWITCHED OFF** during the recording period as they do interfere with the EEG recording.

Frequently Asked Questions

Will I feel anything?

You will feel your skin being rubbed before the discs are put on your head, but the investigation is otherwise painless and you will not feel anything during the recording. No needles are involved.

Will there be any after effects?

No - it has no effect on you at all.

Will I have to wait long?

You have been given an appointment time and would normally be seen on time. Departments work to a busy schedule, so it is important you arrive on time.

Will I get the result the same day?

No - the results of the investigation need to be analysed afterwards and a full report will be sent to the doctor who referred you for the test, usually within 1 month.

If you have any questions or any concerns about the procedure please do not hesitate to contact our staff before your appointment or talk to the technician before the start of your test.



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Colney Lane, Norwich
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Telephone: 01603 287306 (8am-4:30pm, Mon-Fri)

Please sign and hand this in to the technician when you come for your appointment.

I understand that:

- The recorder/pouch should be kept secured to the body at all times using the supplied straps.
- Every effort must be made to ensure that the electrode leads do not become entangled around the neck or arm.
- Every effort must be made to prevent the electrodes and recorder from getting wet.
- No attempt should be made to open the recorder pouch or tamper with the electrodes or recorder.
- I will keep my mobile phone switched off during the 24 hour recording.

Name

Hospital no

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Signed (indicate if parent / guardian)

If you have any questions about the issues raised above, or any concerns about the procedure please do not hesitate to contact our staff before your appointment or talk to the technician before the start of your test.