

# Having an ambulatory EEG

**This leaflet gives you information about having an ambulatory EEG, including the benefits and risks, and what you can expect when you come to hospital. If you have any further questions or concerns, please speak to the clinical physiologist looking after you.**

Before receiving this letter and information sheet, you should have had a telephone assessment with a clinical physiologist. If you haven't had one, please call **t: 020 7188 3953**.

If you wish to have this test, please contact the EEG (electroencephalogram) department within six weeks of getting this letter. Details can be found on the enclosed letter. We will also try to contact you as soon as possible in this time. A clinical physiologist can then speak to you to discuss your suitability for the test and answer any questions.

If we get no response from you within six weeks, the appointment will be offered to another patient and your referral returned to your consultant.

## Why am I being referred for this test?

You may have had previous EEG tests performed in the department, lasting 1-2 hours. It is normal that we do not record any typical events during this time. An ambulatory EEG over a longer period of recording increases the chances of capturing an event and helps us to understand how many events you have. These tests can be 1-3 days in length.

## What is an ambulatory EEG?

An EEG is a test to record the electrical activity produced by your brain. This particular test will continuously monitor your EEG over 1-3 days and is carried out in your home. There is no video recorded during this particular test.

## How do I prepare for this test?

- You should **take your medication and have meals as normal**, including at home.
- Please wash your hair but **do not use hair gels, oils or other hair products**.
- It is difficult and sometimes impossible to perform the test if you have a hair weave or extensions. Please remove these before your appointment.
- Do not wear tight neck jumpers or tops as you will not be able to remove them once the EEG wires are on. A shirt or top which has buttons at the front is ideal. If this is not possible, then clothes need to be as loose as possible.

## Consent – asking for your consent

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves.

If you would like more information about our consent process, please speak to a member of staff caring for you.

## What happens on the day?

You will come to the EEG department to be set up for the test. This will involve attaching small metal disks, called electrodes, to your scalp (head). It is a painless procedure and will be similar to EEGs you may have had in the past.

The physiologist will mark measurements on your scalp with a soft crayon. After rubbing the marks with a gel, each electrode is attached to the relevant point using a sticky paste (much like Vaseline®) and some tape. To secure the electrodes, we will place some netting and a retainer bandage around your head and under the chin.

The electrodes are plugged into a small box (also called a headbox) which records the EEG trace. This box is placed into a small bag, which can be worn on the body during the day and placed on the bed (for example, under the pillow) at night when sleeping.

You will return home while the investigation takes place. You will be given a diary to complete and to record any events or seizures.

We are able to arrange transport home if necessary.

## What are the risks?

There are no known side effects as a result of having an EEG.

## Important factors to consider during the test

This is a piece of medical equipment, which is your responsibility once you leave the EEG department until you return to the hospital, including travelling to and from your home and the time it stays in your home.

**Do not shower or bath during the monitoring.** It is very important that the equipment does not get wet.

## After the test

You will remove the equipment as instructed by the physiologist in your set up appointment. Washing your hair with shampoo will remove the paste from your hair.

You should then pack the equipment away in the bag provided as instructed, and a courier will collect the equipment from your home at a time agreed in your set-up appointment.

The test is analysed by the physiologist and consultant neurophysiologist. A full report will be written and sent to your referring consultant. Results are not available immediately after the test.

If you are not aware of a follow-up appointment with your referring consultant, you will need to contact them to arrange this.

## Useful sources of information

**Epilepsy Action**, [w: www.epilepsy.org.uk](http://www.epilepsy.org.uk)

### Contact us

If you have any questions or concerns about the EEG, please call, **t: 020 7188 3953** Monday to Friday, 8:30am–4pm to talk to a physiologist.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w: www.guysandstthomas.nhs.uk/leaflets**

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t: 020 7188 8748**, Monday to Friday, 9am-5pm

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t: 020 7188 8801** (PALS)      **e: pals@gstt.nhs.uk**

**t: 020 7188 3514** (complaints)      **e: complaints2@gstt.nhs.uk**

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t: 020 7188 8815**      **e: languagesupport@gstt.nhs.uk**

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t: 111**      **w: 111.nhs.uk**

### NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w: www.nhs.uk**



**Leaflet number: 4706/VER1**

Date published: March 2019

Review date: March 2022

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A list of sources is available on request