

Having home video telemetry

This leaflet gives you information about having home video telemetry (HVT), 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 pre-HVT assessment, on the phone 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 have I been referred for HVT?

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. We need to record your typical events/seizures, or possible seizures, that you are not aware of (for example during your sleep). HVT increases the chances of capturing an event and helps us to understand how many events you have over a period of time. These tests can be from 1-3 days in length.

What is HVT?

An EEG is a test to record the electrical activity produced by your brain. This particular test will continuously monitor your EEG over a prolonged period of 1-3 days and is carried out in your home.

A video camera will film you at home throughout the EEG recording. This will capture any movements or episodes that occur during the EEG. The video combined with the EEG can help us with diagnosis.

What should I do before 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.
- Please remove any hair weaves or extensions.
- Do not wear tight neck jumpers or tops as you will not be able to remove them once the EEG wires are attached. A shirt or top which has buttons at the front is ideal. If this is not possible, your clothes need to be as loose as possible.
- It is advisable to have another person with you during set-up in the department and during the recording at home. They can help you in using the equipment, can look after you if you have any typical events, and check that you are visible on the camera.
- Please be advised that you will not be able to leave to the house for the duration of the test.

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. It is a painless procedure and will be similar to EEGs you may have had in the past.

To begin, the physiologist will mark measurements onto 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 (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 or placed on the bed (for example, under the pillow) at night when sleeping.

You will return home while the investigation takes place (typically two days).

A video-camera will record you over the entire test duration (except bathroom breaks) while you are both awake and asleep.

You will be given a diary to complete and to record any events or seizures. We will give you a large briefcase containing all the equipment to take home. We are able to arrange transport to take you home.

What are the risks?

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

Using the equipment

Full instructions and a demonstration of the equipment will be given when you come to the department for the set-up appointment.

The most important points to remember are:

- When setting up the camera at home, that it is in a safe place and away from children and pets. It is important it is not interfered with while it is recording.
- Plug the video camera into the mains power to keep it fully charged.
- Make sure you are clearly visible on camera.
- Press the record button as instructed.
- **Do not shower or bath during the monitoring.** It is very important that the equipment does not get wet.

Important factors to consider during the test

- Other people in view of the camera will also be filmed. When you agree to this test, you agree for the physiologist and consultant neurophysiologist to view the whole video with sound.
- This is a piece of medical equipment, which is your responsibility from when you leave the EEG department until you return to the hospital. This includes travelling to and from your home and the time it stays in your home.
- You should behave naturally while at home but remember that all behaviours may be seen by the physiologist when they review the video.

After the test

- You will remove the equipment at home as instructed at your set-up appointment. Washing your hair with shampoo will remove the paste from your hair.
- You should pack the equipment away in its carry case as instructed. 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.

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, call one of our physiologists, [t: 020 7188 3953](tel:02071883953), Monday to Friday, 8:30am–4pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [w: www.guysandstthomas.nhs.uk/leaflets](http://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](tel:02071888748) 9am to 5pm, Monday to Friday

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](tel:02071888801) (PALS) [e: pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)
[t: 020 7188 3514](tel:02071883514) (complaints) [e: complaints2@gstt.nhs.uk](mailto: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](tel:02071888815) [e: languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

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