

Neurophysiology

Ambulatory EEG information

What is an ambulatory EEG?

An ambulatory EEG test involves recording the tiny electrical signals produced by the brain throughout the day and night on to a small portable recorder. It is used to record your signals at home during your normal routines and natural sleep. The recording is usually made over 2 to 4 days.

Why have I been referred for this test?

The main reason for this test is to record one of your fits or episodes. This will provide the doctors with further information and aid them in classifying your seizure type(s) and epilepsy. This will assist them in refining your future treatment and care plan. You must be having at least 2 fit(s) or episodes a week or in clusters to have this test done.

How is it done?

You will attend the Clinical Neurophysiology Department as an outpatient. You will need to visit the department each day. The first day will be the longest, about 1 hour and 30 minutes, with shorter visits over the next 2 to 3 days of approximately 30 minutes, followed by around a 1 hour visit for the final day of removing the disks.

On day 1, the recording disks will be applied and held in place using special glue. You will be connected to a small recorder and go home. You should have as normal a day and night as possible. You will need to keep a diary sheet throughout the day on every consecutive day of recording.



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On day 2, you will need to return to the department to have the data downloaded, new batteries put in the recorder and a new diary sheet supplied. Please bring the completed diary sheet back with you on each returning day. You will then go home and a further 24 hours of EEG will be recorded.

On day 3 and/or 4, your situation will be reviewed, and the disks and recorder will be removed if your typical fits or episodes have been captured. If not, then we will record for a further 24 hours.

When you have one of your fits or episodes, an event marker will need to be pressed and a detailed description of what happens to you noted in the diary. It will therefore be necessary for someone to be with you during the whole recording time.

Is there anything special I should do?

Please check your hair for head lice and treat it before you attend if it is found. The test will not be performed if head lice are present.

- You should keep taking your medication as usual.
- You should have as normal a day as possible.
- You will need to keep a diary of your activities.
- The event marker **must** be pressed when you have a fit or episode and a description noted in the diary. If you live on your own, it will be necessary to arrange for someone to stay with you during the whole recording time.
- It is advisable to wear open collared or wide necked, loose fitting front buttoned shirts, blouses, or tops. This will make dressing and undressing easier.

Please look after the recorder as it is delicate and expensive piece of equipment. Damages may be charged for.

Is there anything I cannot do?

- you cannot get the recording disks wet
- you will not be able to have a bath or shower

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- you cannot brush or comb your hair - if you have long hair you may wish to loosely plait it before visiting the department as this helps to keep your hair tidy and reduce tangles
- you will not be able to do any vigorous exercise as this may damage the recorder
- please do not put any cream or oil on your scalp or in your hair

Do I need to bring anything with me?

You may wish to wear a loose-fitting hat/cap or headscarf over your head to hide the recording disks from view. Please bring this with you. Please bring a list of any medication you are taking.

Are there any aftereffects?

You will not feel anything during or after the recording. The machine records your normal natural brain activity. It will not make or cause you to fit. After the recorder has been removed great care will be taken to remove as much glue as possible. However, once you have had a shower or bath and washed your hair at home you may find small pieces of glue still in your hair.

How will I get my results?

You will not get any results at the end of your visit. There is a very large amount of data that will need to be reviewed in detail. A written report will be sent to your referring consultant. They will give you your results at a follow up appointment.

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact the Booking Centre on 0800 252 060 and they will do their best to meet your needs.

The Trust operates a smoke free policy.

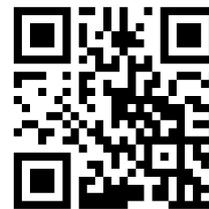
Patient Information

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Document History

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