

Ambulatory Electroencephalogram (EEG)

Information for Patients.

This leaflet will provide you with information about your appointments for an ambulatory Encephalogram (EEG).

What is the purpose of this test?

The brain's electrical activity changes from second to second. A routine electroencephalogram (EEG) gives only a twenty minute sample of the brain's electrical activity, which is often enough. However, sometimes, a longer EEG recording that includes longer periods of wakefulness and sleep is needed. This is called an ambulatory EEG.

How long will the test last?

An ambulatory EEG can last anywhere between 24 and 48 hours so please pay close attention to the appointment times. The length of time the EEG will take will be decided by the doctor.

How will the test be performed?

You will be given two or three appointment times to attend the EEG department for your ambulatory EEG recording.

The **first appointment** of the ambulatory EEG appointment is for the ambulatory EEG set up procedure, which will last up to **one hour**. The EEG physiologist will stick 16-25 metal discs called electrodes to your head using a special form of glue.

The electrodes are then connected to a small recorder that will be placed in a bag that can be carried over the shoulder or around the waist. Once the electrodes are in place and the recording started, **you are free to go home**. For those with lots of hair, the electrodes can be easily hidden or you might want to bring a loose-fitting hat to cover them. It is safe for you to go to back to work with the electrodes on if you wish.

The **last appointment time** will be for you to return to the EEG department for the electrodes to be removed. We will try to remove all glue/putty will be made but you may still want to wash your hair when you get home to remove any remaining paste.

Why do I have 3 appointment times?

This is because the consultant has asked for a 48 hour recording. The first and last appointments are as described above. However the second appointment is to allow for all recorded information to be uploaded and for the batteries in the EEG recording device to be replaced so that no data is lost. **It is very important that you attend this appointment.**

Is there anything I need to do before my appointment?

Please make sure that hair is clean and dry and does not contain hair products. Also please wear a loose fitting buttoned shirt or zip up jacket.

Is there anything that I cannot do during the test?

You will not be able to take a shower or bath during the ambulatory recording, to avoid damage to the ambulatory equipment.

Is there anything that I need to do during the test?

You will be asked to keep a patient diary of activities during the recording, i.e. eating, sleeping. The recorder also has a 'patient event' button which should be pressed if any typical events/symptoms are experienced.

When should I receive my test results?

You will not receive the results on the day of the test. A full report will be sent to the doctor who referred you for the test.

Keeping your Appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on **0131 555 6363** or www.lothianbuses.co.uk

Traveline Scotland on **08712002233** or www.travelinescotland.com

Train details available from:

National Rail Enquiries on **03457 484 950** or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need.

Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available (this appears on your appointment letter). Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.

Contact Information

Clinical Neurophysiology Department in the OutPatients' Department (OPD) 15

Telephone: **0131 312 1505 / 0131 312 1509**