

Sleep Deprived Encephalogram (EEG)

Information for patients

This information is written to provide information for patients attending for a Sleep Deprived Encephalogram (EEG).

What is the purpose of the test?

The brain's electrical activity fluctuates from second to second. A routine electroencephalogram (EEG) provides only a twenty minute sample of the brain's electrical activity, which is often sufficient. However, in some cases, an extended EEG recording that includes sleep is necessary.

How long will the test last?

A sleep deprived EEG can last anywhere **up to 90 minutes**.

What is sleep deprivation?

Sleep deprivation means avoiding sleep and staying awake so that you feel tired.

Why do I need a sleep deprived EEG?

Sleep deprived EEGs are used in a variety of circumstances, most often in the investigation of patients who have seizures or blackouts. They are more sensitive than a routine EEG and are useful to reveal information about your brain that is not available when you are awake.

What will happen during the sleep deprived EEG?

Firstly you will be asked some questions about your medical history and the test will be explained fully. You will also have the chance to ask any questions that you have.

Next the clinical physiologist will measure your head and small metal discs (electrodes) will be placed at specific points on your head, similar to a Routine EEG.

Once the electrodes are applied, you will be asked to lie on a bed and encouraged to make yourself comfortable. At the beginning of the recording you will be asked to open and close your eyes every few minutes and then the lights will be turned off and you will be given up to one hour to fall asleep. The clinical physiologist will stay in the room during this time to monitor you and your EEG.

After approximately one hour, you will be asked to wake up. The clinical physiologist will then remove the electrodes and paste from your hair. You may want to wash your hair when you get home, as a small amount of paste may remain, but this is easily removed with shampoo.

Is there anything I need to do before the test?

The main purpose of the sleep deprivation EEG is to maximise the chance of you falling asleep during the recording. Therefore it is very important that you stay awake all night, or as much as you possibly can, before your appointment.

Please eat something prior to the test. However it is important not to drink tea, coffee or any other drinks that may keep you awake.

It would be advisable to arrange for a relative/friend to transport you to and from the appointment.

Please ensure that your hair is clean and free of hair products. Please continue to take any medication as normal.

Please complete the consent form on page 5 and bring it to your appointment.

When we make an EEG recording of your brain activity, it is very important to relate this to your movements and/or behaviour at the time. We do this by recording a video of you, which is used to help your doctor and other members of the medical team diagnose and treat your condition. You have the right to choose how the video recording of your EEG test may be used.

Clinical management: This means your video recording will be stored with your EEG and used by the clinical team involved in your medical care.

Specialist hospital teaching: We may show your recording to other hospital staff. This might take the form of presentation in lectures, tutorials and other professional presentations. The audience might include other professionals visiting the hospital for teaching. This level of consent could be important in obtaining the widest expertise.

Wider publication: This level of consent is requested when the recordings might be used in presentations, outside the hospital, such as international meetings.

It is important for you to be comfortable with the level of consent that you give. Please complete the provided consent form on page 5 before attending your appointment.

When will I get the results?

You will not get the results on the day of the test. The EEG is examined by a specialist consultant and a written result will be sent to your consultant/doctor. This process can take 1-4 weeks.

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 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. Hard of hearing or speech impaired?

A text relay service is available if you are hard of hearing or speech impaired. They can be contacted

on: **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:

Department of Clinical Neurophysiology

Outpatients' Department (OPD) 15

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

Department of Clinical Neurophysiology Consent Form for a Sleep Deprived EEG (for Adults)	Addressograph, or Name DOB Unit No./CHI
Please read the patient information leaflet 'Sleep Deprived EEG' v4.0 <u>before</u> you complete this consent form	

To the Healthcare professional: Please tick the box(es) below that are relevant to the patient for each area of consent:

1. Activation Procedures		
Sleep Deprivation <input type="checkbox"/> (staying awake as much as possible night prior to the test)		
2. Electroencephalographic Data and Video		
Clinical Interpretation <input type="checkbox"/>	Teaching <input type="checkbox"/>	Wider Publication <input type="checkbox"/>

To the Patient

You have the right to change your mind at any time, including after you have signed this consent form.

I have read and understood the information in the patient information leaflet provided, including the benefits and any risks.

I agree to the procedure described in the patient information leaflet and mentioned above.

Signature of Patient: Print name: Date of Birth:	Date: ... __/__/__
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Please sign this consent form before your appointment, unless you have any further questions which can be discussed at your appointment.

Please bring this consent form with you when attending your appointment.

For any queries please telephone: 0131 312 1505 / 0131 312 1509