

Ambulatory EEG

This leaflet is designed to give you some information about the investigation for which you have been referred. Your doctor may have already explained what an ambulatory EEG involves, but you will probably still have some questions. You will usually have had a routine EEG before we ask you to do an ambulatory EEG and so you will be familiar with the general procedure of the investigation.

If after reading this leaflet you have any fears, queries or concerns, you will have the opportunity to discuss any of these issues on the day of the appointment with a healthcare professional prior to the start of the investigation.

WHAT IS AN AMBULATORY EEG?

The abbreviation EEG stands for Electroencephalography. *Electro* indicates that electrical impulses are measured, *Encephalo* is the area of the recording, namely the brain and *Graph* describes the way the impulses are recorded on a computer. An EEG is a routine investigation performed on all age groups of patients to help in the diagnosis of many disorders of the brain. An EEG records the electrical activity that your brain produces while sending and receiving messages to and from your body. An ambulatory EEG allows us to record the brainwave activity for many hours using special equipment which you carry on yourself around your waist and take home.

We usually record an ambulatory EEG overnight. Your first visit will be in the afternoon and your second visit in the morning of the following day. The physiologist will discuss with you the details during the first visit. Each visit will take approximately 1 hour.

ON THE FIRST DAY OF THE INVESTIGATION

Please be on time and report to the reception. Take your medication as normal, unless otherwise directed by your doctor. Please bring a list of your medication with you. Your hair should be clean and free of hair lacquer, gel, oil or other substances when you attend. If you have hair extensions or weaves, these must be removed before you attend. **Because the equipment will not allow you to pull clothing over your head it is advisable to wear shirts with buttons or zippers.**

THE PROCEDURE ON YOUR VISIT

The investigation will be carried out by a clinical physiologist who will explain every step of the procedure.

Using a sticky, water-soluble paste the clinical physiologist will place small disposable discs onto your head. Because the discs are only used once they cannot transmit any diseases. To improve the contact the skin will be rubbed with some gritty paste beforehand. This preparation takes about 15 minutes.



Please inform the clinical physiologist, if you have any allergies to latex, nuts or plaster tape before the procedure.

Once the discs are in place the brain activity will be recorded. The physiologist will make sure that the recordings instruments work. You can then leave the Department and follow your usual activity while the machine records.

DURING THE RECORDING

Please complete a diary sheet which we will give you.

DO NOT bathe or shower and keep the recorder dry at all times.

DO NOT remove the recorder from your waist except when changing.

DO NOT chew gum during the study.

YOUR FINAL VISIT

When you return on your final visit the recording will be stopped. The discs are removed without any pain using acetone to dissolve the glue. Sometimes, peanut oil is used to aid electrode removal. Please inform the physiologist if you have a nut allergy.

You may then continue immediately with your normal activity. You will probably want to cover your hair on the way home or until you are able to wash your hair. Unfortunately we do not have facilities to wash your hair in the department

RESULTS OF THE INVESTIGATION

The results of the test will not immediately be available for you because the recordings need to be studied by a physician. It is a time consuming task to analyse many hours of recordings and this may take up to 2 weeks. We will write to your consultant who will then discuss the findings with you.