

What is an ambulatory EEG with video?

An ambulatory EEG records the electrical activity of the brain for a prolonged period of time. The time that the ambulatory EEG will record your brain activity is different for every patient. It can vary between 24-72 hours depending on the purpose of the ambulatory EEG and in some cases whether we have recorded one of your typical episodes. The video will monitor your movements during an episode.

What to expect during the test

Small metal discs will be glued to your head. These electrodes are attached to a recorder which is placed in a small bag to take home. You will not feel anything from the EEG. You also take home a video camera with instructions. We may ask you to do some deep breathing and look at a flickering light. You should be aware that the flickering lights and the deep breathing may increase the risk of you having one of your episodes/seizures.

For each day that the ambulatory EEG equipment records your brain activity, you will return to the department to have the data downloaded, the electrodes checked and the batteries changed.

During the investigation, you will be asked to fill in a diary sheet. You *must* do this otherwise your test cannot be reported. Please note that you will not be able to get the equipment wet, including no showers or baths.

Afterwards, your hair may be messy with some glue still left in it. You may wish to bring a cover for your head.

How to prepare for the test

- ❖ It is **essential** for you to phone and confirm *that you will be attending* this appointment by calling us on **01905 733532 between 8am – 4pm Monday to Friday. Failure to do so may result in the appointment being re-allocated.**
- ❖ If your episode frequency has changed, please phone the department on 01905 733532 as we may need to alter the length of the investigation.
- ❖ Your hair should be clean, dry and free of hair products.
- ❖ Please ensure that you wear a top that can be zipped or buttoned at the front.
- ❖ It is advised that you eat and drink as normal.
- ❖ Take your medicines as normal. Please bring a list of all your current medications with you.

Are there any risks?

The electrodes are wrapped together and covered with a stretchy bandage to make one cable. It is possible that this lead could wrap around your neck at night, so we have to warn you of the small risk of strangulation. It is therefore recommended that you have someone with you during the night. There is also a small risk that the electrodes could cause sore spots to your head. Please let us know if you have particularly sensitive skin or are allergic to metal or micropore tape.

How do I get the results?

Your test will be interpreted by the specialists. The results will be then be sent to your referrer who will discuss them with you.

Additional Information

Unfortunately, we cannot see people who are more than 20 minutes late. It can take a long time to park, so please give yourself plenty of time to get here.

You may wish to bring a relative or friend to accompany you. However, please do not bring children with you to your appointment.

Worcester Royal Hospital is a teaching hospital and there may be students observing or performing your test.

Directions to the department

The neurophysiology department is located on Level 0 (River Level) at the Worcester Royal Hospital. As you enter through the main entrance, take the lift or stairs opposite down one floor. The entrance to the department is in the lift lobby opposite the Rivercourt Restaurant.

Where can I find more information?

If you have any queries, please call the neurophysiology department on 01905 733532.

Further information about the test is available at:
<https://www.worcsacute.nhs.uk/neurophysiology/>

Please follow this website to see a list of FAQs.

Patient Experience

We know that being referred to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are many ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy, you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS: Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times: The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

PATIENT INFORMATION

Ambulatory EEG with Video

