



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Information about your In-patient Video Telemetry EEG (Electro- Encephalography) appointment

Information for patients, relatives and carers

① For more information, please contact:

**Department of Clinical Neurophysiology**

Telephone: 01904 725665

Department of Neurosciences

York Hospital, Wigginton Road, York, YO31 8HE

This leaflet aims to answer any queries you may have regarding your Video Telemetry EEG appointment.

**It is very important that you telephone Ward 32 on the morning of your admission to check that there is a bed available.**

**Please contact the ward on direct telephone number 01904 726032.**

## **What is Video Telemetry EEG?**

- An EEG (Electro-encephalography) records the electrical activity of the brain in the form of a graph. In Video Telemetry, the EEG is recorded continuously for several hours or days. At the same time a video camera records your picture and sound.
- Small discs with wires called recording electrodes are attached to your scalp using special medical glue. The disks and wires on your head will be visible to other people.
- The wires connect to a small device, which fits into a specially designed shoulder bag. This device is connected to the recording equipment by a long cable so that you can move around the area of your bed.
- Once the recording starts, it is essential that you remain connected to the equipment as much as possible. The recording generally lasts for several days.

- Video Telemetry EEG is recorded on ward 32. You may be in a side room or in one of the ward bays. You will need to disconnect from the equipment to use the toilet and washroom facilities.
- When connected to the equipment please remain in camera view.

**Please note:** you are not being “watched” by hospital staff all the time.

- There are video monitors at the Nursing station and in the EEG department, but nobody is employed to observe you all of the time.
- Any episodes you have are recorded on the EEG machine for the doctors to review later.

## **What are the benefits of the test?**

An EEG gives accurate information on the brain wave activity at the time of recording. This gives your doctor important information to help in making a diagnosis and for advising on any treatment you may require.

## **Are there any alternative tests?**

Although there are different types of EEGs, in your case your doctor considers an in-patient Video Telemetry to be the investigation of choice. If you have any questions about this decision, please contact the doctor who referred you for the investigation.

# How do I prepare for the test?

- Before your test, you will be asked to sign a consent form (FYCON176-3 VT EEG investigation) to confirm that you agree to the test and understand the information given to you. The form will be kept in your medical records, and you will be given a copy for your own records.
- Your hair needs to be clean. Do not apply any hair products, for example gel, spray, or mousse.
- There is no need to stop taking any medication unless you have been told to do so by your doctor.
- Please bring a list of medications you are taking.
- Please bring clothes that do not need to be removed over your head as this can disturb the recording electrodes.
- You may want to have a bath or shower before attending for the test, as you will not be able to bath or shower once the equipment has been attached.
- As you are confined to the one room, please bring something to do, such as reading or music to listen to. You can bring in a phone, laptop, or tablet, Wi-Fi and power points for charging are available.
- You will have access to Patline, a TV/Phone service that you will need to pay for. Patline cards are available to buy within the hospital.

For **visiting times** please contact ward 32 on telephone number 01904 726032.

## **What happens once the test is finished?**

When the test is finished, the glue is dissolved, and the disks are removed. Some traces of glue may remain and will come out gradually with washing.

The results are analysed and interpreted by the Consultant Clinical Neurophysiologist. A written report will be sent to the doctor who referred you for the test.

## **Are there any risks?**

Video Telemetry EEG is a safe test; however, it is important to ensure that you do not get the wires tangled with other objects, or around your head, neck, or upper body (This is a potential risk during sleep).

For this reason, we ask patients to wear the recorder in the purpose designed bag at all times and to keep this attached close to the body, to minimise this risk. We can also tape the wires to your clothing to help secure them.

Unobserved or unrecorded seizures/clinical attacks

Risk of fall and/or injury during seizure or clinical attacks

## **What should I do if I cannot attend this appointment?**

- If you are unable to attend, please let us know as soon as possible so that the appointment can be offered to another patient.
- A new appointment can be arranged for you at a mutually convenient date/time.
- If you no longer require this test, please let us know so that we can remove your name from the waiting list.

If you have any queries or concerns regarding the test, then please contact the department.

Please contact us on telephone number 01904 725665

Department opening times are:

Monday - Friday 8:30am– 4:00pm

For more information, visit our website:

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Andrea Clough, Department of Clinical Neurophysiology,  
York Hospital, Wigginton Road, York, YO31 8HE or  
telephone 01904 725667.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:  
[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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