



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Information regarding your outpatient Ambulatory EEG (Electro-Encephalography) appointment

Information for patients, relatives and carers

① For more information, please contact:

Department of Clinical Neurophysiology

Tel: 01904 725665

Department of Neurosciences

The York Hospital, Wigginton Road, York, YO31 8HE

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

What is Ambulatory EEG?

An EEG (Electro-encephalography) is a recording of the electrical activity of the brain in the form of a graph.

An Ambulatory EEG records this brain activity whilst you are out of the Neurophysiology department, enabling you to carry on with your normal daily routine.

Please note: This is an outpatient investigation; you will **not** have to stay in hospital overnight for this test.

Why do I need 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.

There are a number of alternative EEG tests, each having their advantages and disadvantages and in your case, your doctor considers an Ambulatory EEG to be the investigation of choice. If you have any questions about this decision then please contact the doctor who referred you for the investigation.

What will happen during the Ambulatory EEG test?

The test involves attaching some small discs to the scalp using special glue. These are then connected to a small digital recorder which will continue to record your EEG when you are away from the department. A short EEG recording is taken before you leave the department, so please allow approximately **one hour** for your appointment.

You will then be free to leave the department and will be asked to either;

- return the same day (**daytime ambulatory EEG**)
Or
- return the next day (**overnight ambulatory EEG**).

Your appointment letter will tell you if you are having a daytime or overnight recording. We will discuss with you what time to return to have the equipment removed at your appointment.

The ambulatory recorder captures the EEG only and does not record conversations or video. The discs and wires on your head will be visible to other people.

Whilst you are away from the department you will be asked to write a diary sheet to document your activities, for example: eating, reading, sleeping etc...

When you come back to the department the glue is dissolved and the discs are removed. Small traces of glue may remain. This will come out gradually with washing.

Preparation for the test

- Your hair needs to be clean. Do not apply any hair products, for example gel, spray or mousse.
- If you wear hair extensions, please contact the department prior to your appointment.
- 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.
- If you are attending for an **overnight** ambulatory EEG please wear clothing that has buttons, as taking clothes over your head may disturb the recording equipment.
- 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

It can also be very helpful if you can try and record any seizures/episodes on a video/ mobile phone and bring a copy of this with you when you attend.

What happens once the test is finished?

Once the test is finished, 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. You will **not** receive the results of your test on the day of your appointment.

Are there any risks?

Ambulatory EEG is a safe test; however it is important to ensure that you do not get the wires entangled 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 shoulder bag provided whilst asleep to minimise this risk of the leads becoming tangled.

What to do if you cannot attend for 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 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

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:
Joanne Horrocks, Department of Clinical Neurophysiology, The 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 pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: access@york.nhs.uk

Owner	Christine Petch, Chief Physiologist (Neuro)
Date first issued	December 2006
Review Date	November 2024
Version	6 (reissued November 2021)
Approved by	Joanne Horrocks, Senior Chief Clinical Physiologist (Neuro)
Document Reference	PIL 1019 v6.3

© 2021 York and Scarborough Teaching Hospitals NHS Foundation Trust.
All Rights reserved.