

Ambulatory Encephalogram (EEG)



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Introduction

An ambulatory EEG is a recording of the everyday electrical activity produced by your brain over the period of 24 hours or more.

Why do an ambulatory EEG?

An ambulatory EEG when combined with a history, examination and scan results may help to diagnose a wide range of neurological conditions. Your referring consultant will be able to explain why it is important for you to have this test.

How is an ambulatory EEG performed?

23 small electrodes are placed on your head and one on each of your shoulders using a sticky paste and special glue. The electrodes are connected to a small recording device, which is attached to a belt that goes around your waist and over your shoulder.

The electrodes on your shoulders record your heart beat.

You will be asked to keep a diary to record meals, daytime activities and sleep. (If this is difficult for you please mention it to the technician because the diary is important).

You will return the following day to have the electrodes and the recorder either removed or re-applied.

Sometimes your consultant may want you to have the recording done for 2-3 days. In this case you will return each day to ensure that the electrodes are still in place and working properly, and to replace the batteries in the recorder. Your appointment card will tell you how many hours the recording is for.

After the test the electrodes are removed and most of the paste and glue cleaned from your head. Any residue will wash out within a few washes, use plenty of shampoo and conditioner.

What are the side effects and risks?

There are no side effects to having the ambulatory EEG itself it is painless.

You may find that the glue takes a good few washes before it is completely removed, especially if your hair is long or curly. People with sensitive skin may experience soreness / redness at one or more of the electrode sites.

What happens if I decide to have an ambulatory EEG?

You will have the opportunity to ask the doctor or technician questions about the information in this leaflet before you decide whether or not to have an ambulatory EEG.

There will be no need to sign a formal consent form. As soon as you agree to the test we can begin. It usually takes 40 – 50 minutes to set up the test and 10 – 15 minutes to either take it off or continue recording the following day / days.

Please do not wear any hair gel, oils or applications on the day of the test. Recent (within the week) hair colours or perms may interfere with the test.

You won't be able to shower while you have the equipment on.

Your referring clinician will usually see you with the test results at a later date.

What happens if I decide not to have an ambulatory EEG?

Your referring consultant will need to discuss the likely consequences of this decision. For example, he / she may find it more difficult to diagnose and / or treat your condition.

Is there anything else I should know?

Please arrive in good time for your appointment. If you think you will be late please ring us as soon as possible. It may be necessary to re-book another appointment for you.

Parking can be difficult - please allow for this, it can take up to 40 minutes to park depending upon how busy the hospital is. Please park on the **East Car Park on Stott Lane** which is closest (5-10 minutes walk) to our department. There is a charge for parking, please bring enough money / change with you. Parking information and site map are available online at: <http://www.srft.nhs.uk/useful-information/how-to-get-to-the-hospital/parking/>

This test is safe in pregnancy.

You may eat and drink normally before your test.

This test can't read your thoughts or emotions.

Please note: there are no facilities for childcare while you are having your test.

For safety reasons, children of any age are not allowed in the test rooms.

If you are currently taking any medication you should continue to do so, unless otherwise advised by your own GP or consultant.

If you require an ambulance you should contact your own GP to make the arrangements. **Please let us know if you will be coming by ambulance.**

You may be invited back to have further tests if the consultant in our department or your referring doctor/consultant thinks that a repeat test or a different test may be helpful.

In this case you may receive an appointment for another test before seeing your referring doctor/consultant for the results of your first test.

The main reason for this is to save time and inconvenience for you.

Contact details

 **0161 206 2068**

 **clinical.neurophysiology@srft.nhs.uk**

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Please telephone the department as soon as possible if you need to change or cancel your appointment. This ensures that waiting lists are kept to a minimum for everybody.

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Information Leaflet Control Policy:

Unique Identifier: NOE 11 (17)
Review Date: April 2019

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Copies of this information are available in other languages and formats upon request. In accordance with the Equality Act we will make 'reasonable adjustments' to enable individuals with disabilities, to access this treatment / service.

If you need this interpreting please telephone

Polish

Jeżeli potrzebne jest Państwu to tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

Email: InterpretationandTrans@srft.nhs.uk

Under the Human Tissue Act 2004, consent will not be required from living patients from whom tissue has been taken for diagnosis or testing to use any left over tissue for the following purposes: clinical audit, education or training relating to human health, performance assessment, public health monitoring and quality assurance.

If you object to your tissue being used for any of the above purposes, please inform a member of staff immediately.

Salford Royal operates a smoke-free policy.

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

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