

# Recording brain activity over 1 or more days (ambulatory EEG) (adults & children)

## Clinical Neurophysiology

### Information for Patients

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Your/your child's consultant has asked us to do an ambulatory EEG (Electroencephalogram). This sheet tells you what you need to know before you come for the appointment.

## What is an ambulatory EEG?

- An electroencephalogram (EEG) makes a recording of the electrical activity from the brain. An ambulatory EEG is where brain activity is recorded all the time during the day and night. This is over 1 or more days, while continuing daily activities.
- It can often give us more information than a baseline EEG. There is also a better chance of capturing and recording a clinical episode.

A trained professional in healthcare science (physiologist) will carry out the ambulatory EEG.

You/your child will be given 2 or more appointments depending on the length of the recording.

- To attach the recording equipment,
- To remove the equipment.

If recordings last longer than 24 hours you may be asked to attend each day.

## What do I need to do before the ambulatory EEG?

- Please make sure that the hair is freshly washed. Do not use any styling products.
- You/your child may wish to wear a loose or front-fastening top to make it easier to get undressed at bedtime.
- Please bring a list of current medication and take these as normal.
- You/your child may eat and drink as normal.

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## What will happen during the ambulatory EEG?

A trained professional in healthcare science (physiologist) will fit the equipment.

- The physiologist may measure the head and make some small marks on the scalp with a wax type crayon.
- They will then prepare the skin at these marks with a gritty gel before attaching the electrodes with a sticky paste.
- The recording electrodes are small metal discs. There will be up to 21 in total. 2 more electrodes may also be attached to record the heart rate. Once in place the electrodes will then be attached to the scalp using a special glue. A stretchy bandage will also help keep the electrodes in place. This whole process may take up to 1 hour.
- The electrodes plug into a small recorder box. This is put into a small bag or rucksack to be carried around. The bag is adjustable. This lets you/your child move around freely and continue with daily activities.
- You will be given a diary sheet to take home so that you can record your/your child's activities during the day. The physiologist will explain how to fill this in.
- It is also important that you make a note of any episodes that occur. There is an event button on the side of the bag. This must also be pressed at the time of any episode. The diary is essential for analysing the recording, **if you do not fill out the diary sheet the recording may not be analysed.**

**Please make sure the electrode leads are safely managed during periods of sleep. The physiologist will give you individual advice on how to do this.**

Please do not get the recording equipment wet. No baths or showers during the recording.

The ambulatory EEG is **not** painful. There are no harmful after-effects.

## How will the equipment be removed at the end of the ambulatory EEG?

At the end of the recording period, the electrodes are removed by a physiologist with a special solvent. This not painful. The solvent will remain in the hair and will be removed when you next wash the hair, the physiologist will advise when this should be done.

Electrode removal may take up to 1 hour.

## When will I get the results?

You will not get the results of the ambulatory EEG on the day the electrodes are removed.

Your/your child's consultant will be sent a report which they will then discuss with you.



## Anything else I need to know?

Please let us know if you will be arriving by ambulance, we may need to rearrange the appointment.

## Contact details

If you need any more information before you come for the appointment, please call the Neurophysiology Department on 0116 258 5621.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
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