

# Recording brain activity for up to 5 days including video recording (video telemetry EEG) (children)

Clinical Neurophysiology

Information for Patients

Produced: January 2025

Review: January 2028

Leaflet number: 1582 Version: 1

The consultant has asked us to do a video telemetry electroencephalogram (VT EEG). This sheet tells you what a VT EEG is and what you need to know before you come for the appointment.

## What is a VT EEG?

A VT EEG is a recording of the electrical activity from the brain. We also make a continuous video recording of your child at the same time.

It is done in a special room on the Children's Ward. It can take up to 5 days. The actual length of stay will vary.

A parent or guardian needs to stay with the child day and night. This is for all of their stay.

A person trained in healthcare science (physiologist) will do the VT EEG.

## What will I need to do before the VT EEG?

- **Important:** On the morning the recording is due to start, please phone the Children's Ward around 8am on 0116 258 5377. We need to confirm the side room is available for the VT EEG to go ahead as planned. Please arrive for admission on to the Children's ward at the time given to you by the ward staff.
- Please make sure that your child's hair is freshly washed. Do not use any styling products
- Please bring your child's current medication with you. Please take these as normal
- Your child may eat and drink as normal

Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

- Please bring comfortable clothing for your child during their stay. It is best if they are front-fastening or loose-fitting
- Your child cannot have a bath or shower during their stay. We advise that they have a bath/shower and hair wash before the appointment.
- Please bring anything you think will make your child's stay more comfortable. This may include a special duvet, blanket, toy, book or activity.

**Please contact us on 0116 258 5621 if you have any questions or concerns before the appointment**

## What will happen during the VT EEG?

- The physiologist may measure the head. They will make some small marks on the scalp with a wax type crayon.
- They will put a gritty gel on these marks.
- They will attach the electrodes with a sticky paste.
- The recording electrodes are small metal discs. There will be up to 21 in total. We may also attach 2 more electrodes to record the heart rate. We will then use a special glue to attach the electrodes to the scalp. 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 attached to a long cable. We put the recorder into a small bag to be carried around. The bag is adjustable. This lets you/your child move around freely in the side room.
- The recording is made on a computer in the room. A video camera on the ceiling will record all the time. We do not record you/your child on video in the bathroom.
- We will give you a diary sheet to record your child's activities during the day. The physiologist will explain how to fill this in.
- It is important that you make a note of any episodes that occur. There is an event button on the side of the bag. You must press this at the time of any episode.
- The physiologist will be monitoring the recording from our department during the day. A member of the ward staff will also be able to view the recording during the day and night.

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

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

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

At the end of the recording period, the physiologist will remove the electrodes. They use a special solvent. It not painful. The solvent will stay in the hair. It will be removed when you next wash the hair. The physiologist will advise when this should be done. It may take up to 1 hour to take off the electrodes.



## When will I get the results?

You will not get the results during the VT EEG.

We will send the consultant a report. They will discuss it with you at a later date.

## Anything else I need to know?

Please let us know if you will be arriving by ambulance.

## 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۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો  
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)