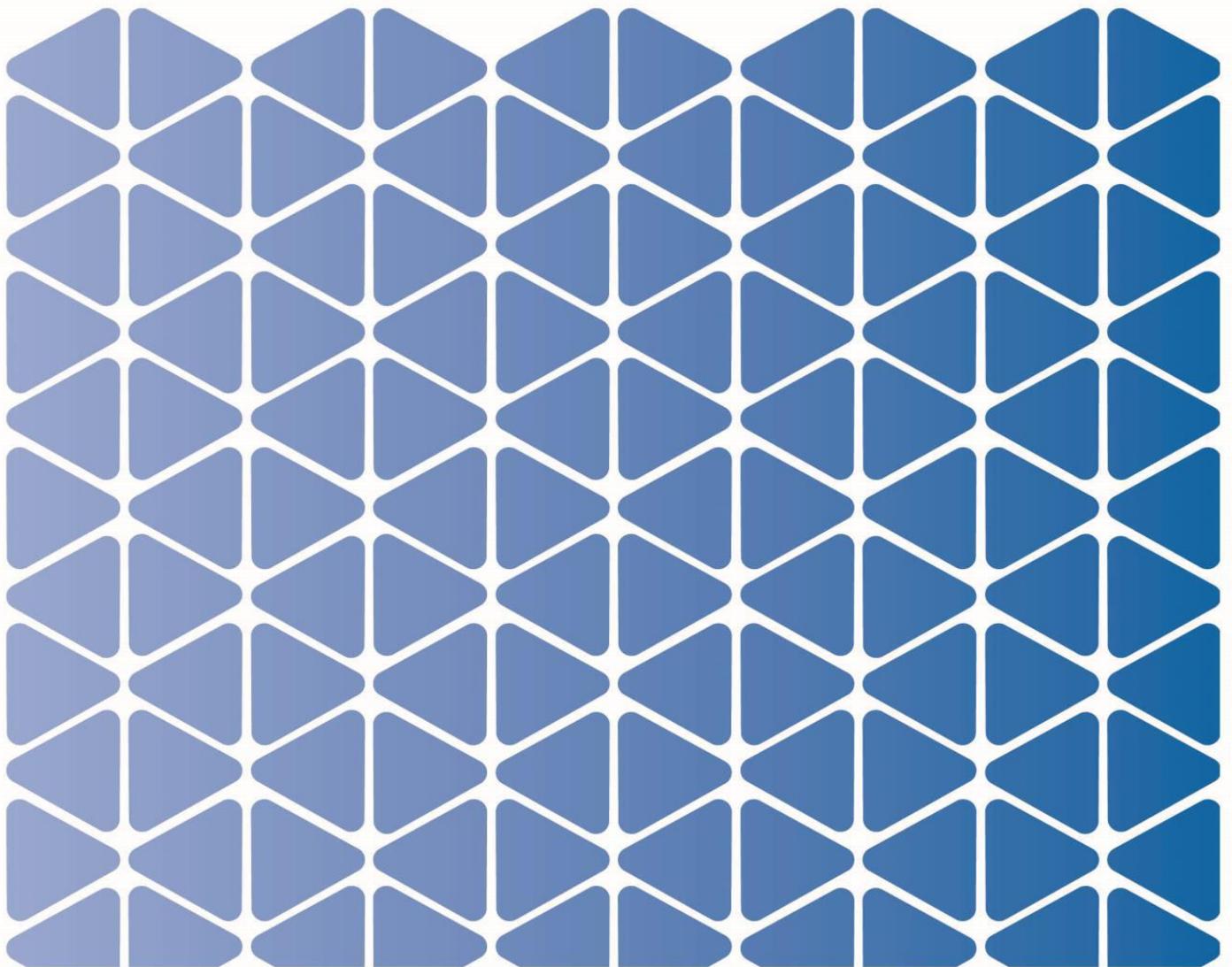




PATIENT INFORMATION

AMBULATORY EEG

What you can expect



What is an Ambulatory EEG?

An ambulatory EEG records the electrical activity of the brain for a period of 24 – 72 hours. The aim of the ambulatory EEG is either to try to record a typical 'attack' and/or to record your ongoing brain activity whilst you are awake and asleep.

What to expect during the test

Small metal discs will be glued to your head. These electrodes are attached to a recorder, which is placed in a small bag for you to take home. You will not feel anything from the EEG.

You will be asked to return to the department every day to have the data card downloaded, the electrodes checked and the batteries changed. Please let us know if you are allergic to metal or have particularly sensitive skin.

During the investigation you will be asked to fill in a diary sheet, you must do this or your test cannot be reported. Please note that you will not be able to get the equipment wet, including no showers or baths.

Afterwards your hair may be messy with some glue still left in it.

We may ask you to do some deep breathing and look at a flickering light. You should be aware that the flickering lights and/or the deep breathing may increase the risk of you having one of your attacks/seizures.

Are there any risks?

The electrodes are wrapped together and covered with a stretchy bandage to make one cable. It is possible that this lead could wrap around your neck at night, so we have to warn you of the small risk of strangulation. It is therefore recommended that you have someone with you during the night. There is also a small risk that the electrodes could cause sore spots to your head.

How to prepare for the test

- ❖ It is **essential** for you to **confirm that you can attend** this appointment, within 5 working days, by calling us on 01905 733532 between 8am – 4pm Monday to Friday. Failure to do so may result in the appointment being re-allocated.
- ❖ If your attack frequency has changed please phone the department on 01905 760697 as we may need to alter the length of the investigation.
- ❖ Your hair should be clean, dry and free of hair products.
- ❖ Please ensure that you wear a top that can be zipped or buttoned at the front. You may also wish to bring something to cover your head.
- ❖ It is advised that you eat and drink as normal.
- ❖ Take your medicines as normal. Please bring a list of all your current medications with you.

Additional Information

Unfortunately, we cannot see people who are more than 20 minutes late. It can take a long time to park, so please give yourself plenty of time to get here.

The Neurophysiology department is located on Level 0 (River Level).

Worcester Royal Hospital is a teaching hospital and there may be students observing or performing your test.

Where can I find more information?

If you have any queries please call the Neurophysiology department on 01905 760697.

Further information about the test is available at:

www.ans.uk.org/tests

www.bscn.org.uk

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.