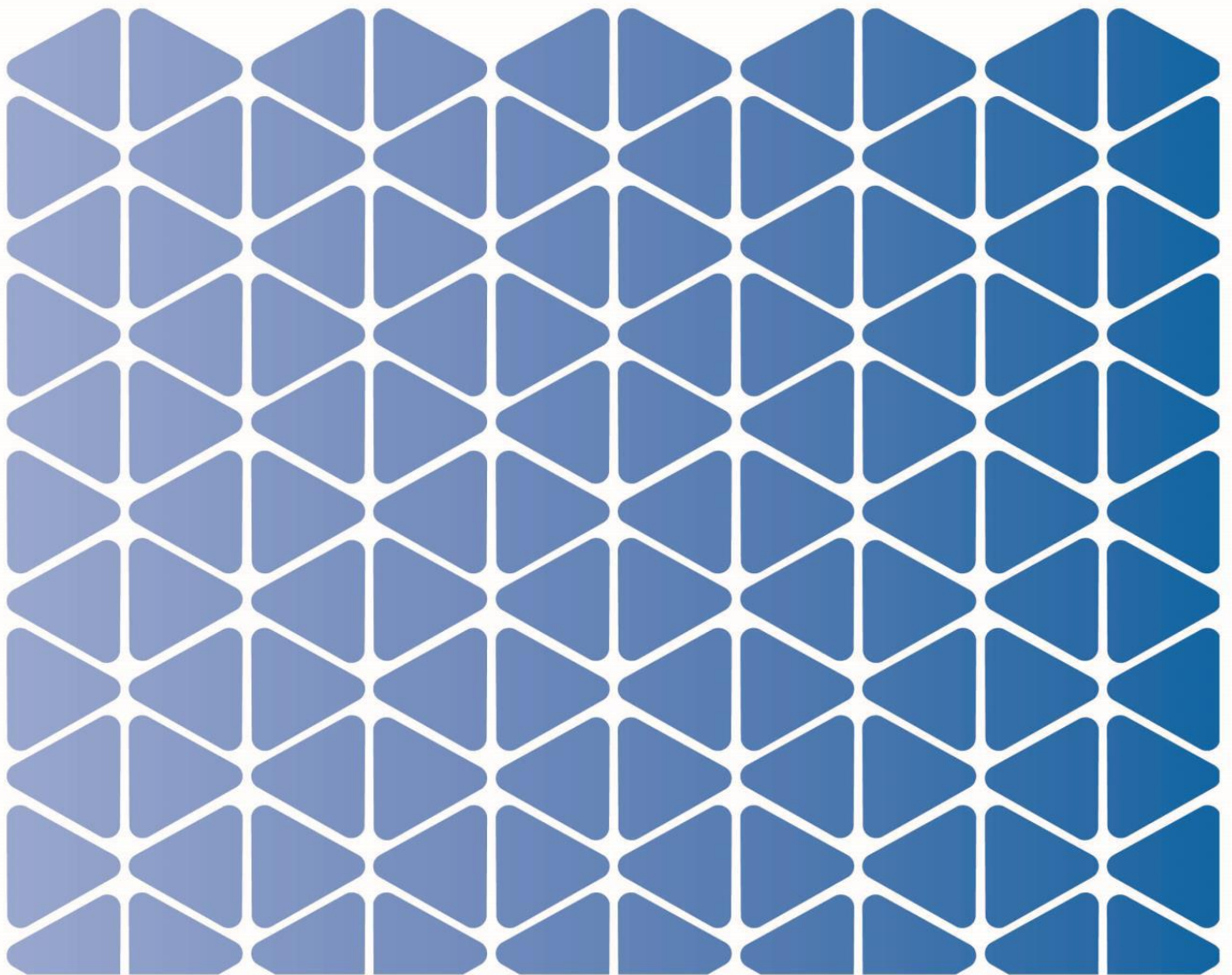


PATIENT INFORMATION

# MELATONIN SLEEP EEG (3 YEARS OLD AND OVER)

## WHAT YOU CAN EXPECT



## What is a Melatonin Sleep EEG?

An EEG records the electrical activity of the brain. Melatonin is a hormone produced by the body to regulate sleep cycles. Melatonin is not a sedative and there are no known side effects.

## 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.
- ❖ You **must** aim for your child to have only 2-4 hours sleep the night before their EEG by going to bed late and getting up early on the day of their test.
- ❖ Your child's paediatrician has prescribed melatonin. Usually the prescription is sent directly to us. However, if you have the prescription for this medicine, you must take it to your pharmacist straight away and bring the medicine with you for your child's appointment.
- ❖ Your child's hair should be clean and free of hair products. You may like to bring something to cover their head with afterwards.
- ❖ It is beneficial for them to have had something to eat within a few hours before the test.
- ❖ They should take medicines as normal. Please bring a list of all their current medications.

## How do I get the results?

The test results will be interpreted by the specialists and the results will be passed on to your child's Paediatrician, who will discuss these with you.

## **What to expect during the test**

The sleep EEG takes up to 2 hours. Small metal discs will be placed on your child's head with a paste. They will lie on the bed and ideally will fall asleep during the test. They will not feel anything from the EEG.

Your child's hair may be 'messy' after this and will need to be washed when you get home.

We may ask your child to do some deep breathing and look at a flickering light. You should be aware that the flickering lights, the deep breathing and/or sleep deprivation may increase the risk that they may have one of their attacks/seizures.

## **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) at the Worcester Royal Hospital. Information about travelling between the hospitals, bus route options, parking and ambulance transport can be found on the back of the appointment letter.

You may wish to bring a relative or friend to accompany you. However please do not bring any other children with you to your appointment.

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](http://www.ans.uk.org/tests)

[www.bscn.org.uk](http://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](mailto: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.