

## Do I need any preparation for the test?

- Arrive in good time with clean hair, free from grease, hair spray and hair gels etc.
- Wear a front opening shirt
- Ring us if your symptoms/events become less frequent
- Remember to bring a list of current medication with you
- If you are unaware of when you have your symptoms you will need to have someone with you during the 24 or 48 hour period of recording who can complete the diary on your behalf

## How long will the test take and when does my consultant get the results?

You will be required to wear the recording equipment over a period of 24 to 48 hours. Results will be sent to your consultant who will explain them to you during your follow-up appointment.

## What will I feel during the test?

Other than the electrodes feeling a little cold when applied, you will not feel anything during the Ambulatory EEG recording. No needles are involved.

## Are there any side-effects?

There is a minor chance of a skin reaction, due to the paste or sticky tape used.

## Are there any risks?

We take every precaution to ensure that you have a safe and accurate test, and ask you to follow instructions on how to care for the equipment whilst at home. You will be given an instruction sheet on how to do this.

## Is there an alternative to an Ambulatory EEG?

There is usually no alternative test.

## For information or to book an appointment:

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F: +44 (0) 20 3212 0835

E: [appointments@wimbledon-neurocare.com](mailto:appointments@wimbledon-neurocare.com)

## For a list of our services and clinic locations, visit:

[www.wimbledon-neurocare.com](http://www.wimbledon-neurocare.com)

## What is an Ambulatory EEG?

Information and advice for patients



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Science and care combined

## What is an EEG?

An EEG (electroencephalography) is a recording of electrical activity of the brain. Depending on your symptoms, you may be referred for one of the following EEGs:

- Ambulatory EEG
- Routine EEG with video monitoring
- Sleep deprived EEG
- Sedation induced sleep EEG with Melatonin
- EEG with photic stimulation (forms part of the activation techniques)

## What is an Ambulatory EEG?

An Ambulatory EEG is a prolonged EEG, which is recorded over 24 or 48 hours. The benefit of the test is that it may help your consultant to diagnose what is causing your symptoms or events, perhaps by recording one of them. Following the test, they will be able to advise you on the appropriate treatment.

If you are taking this test, you may have already had a routine EEG.



## How is the test performed?

### Your first appointment

The test is performed by a Clinical Physiologist. They will take your head measurements, then attach recording electrodes, which are small discs, to your head with some paste or sticky tape. Wires will run underneath the clothing and are connected to a small box which is usually worn in a bag over the shoulder or on a belt. This records the electrical activity of your brain and is not harmful. The recording equipment takes about an hour to set up after which you will be able to return home and continue with your normal daily activities. You may wish to bring a hat or scarf with you as the leads will be visible. When wearing the equipment, you will not be able to have a bath or shower.

### Testing at home

You will be required to complete a diary whilst you are wearing the recorder. It is vital that you complete this, as it is impossible to report without it.

In your diary, you must report anything that may affect the recording, such as:

- Everyday activities
- A description of any symptoms that occur

There is an event button on the recorder, which must be pressed when you have any symptoms/ events. If you are unaware of when you have your symptoms or episodes, it is essential to have someone with you while you are having the test so that they can observe you and help fill in the diary. It may become necessary to repeat the study if the diary is incomplete.

### Your follow-up

Following the recording, you will have a second appointment with Wimbledon NeuroCare to disconnect and download the recorded information. This appointment may take up to one hour. The electrodes will be removed with warm water and acetone, but you will need to wash your hair afterwards to remove all residues.

### You may have to come back repeatedly

When you arrange your appointment, we will plan the length of the recording period with you, which will depend on the type and frequency of your symptoms and events. There is a minimum of two visits to add and remove the equipment, however up to four visits might be needed depending on the length of your recording, as the equipment is checked at least every 24 hours.

When you return after the first appointment, we will discuss any symptoms or events that you have experienced, and whether we need to continue recording your results. This will vary from patient to patient.

For more information on other types of EEGs, please refer to the flyer 'What is an EEG?'.

