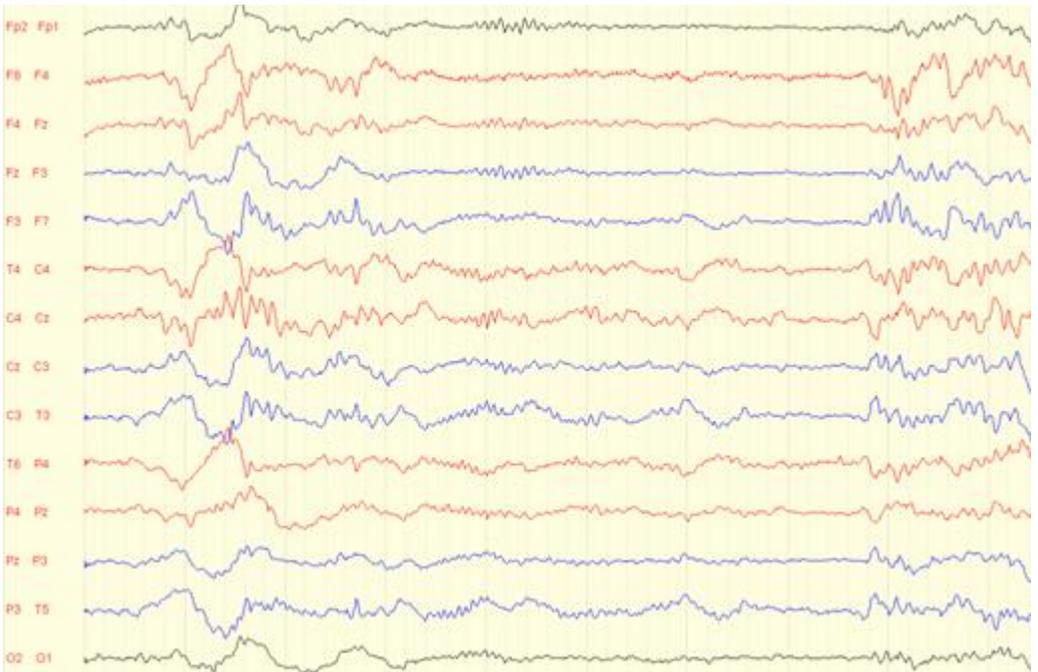


Prolonged EEG Recordings

At St Peter's Hospital, Chertsey



Having an EEG

An introduction for Patients aged 16 and over

What is an EEG?

EEG stands for Electroencephalogram, a recording of the electrical signals produced by the brain. In the media it is sometimes referred to as recording brainwaves.

The EEG gives information about the brain that is useful to your doctor in making a diagnosis in several different conditions. It is the only test that can produce this sort of information, but your doctor may also want to get information from other tests.

About our Department

West Surrey Clinical Neurophysiology is a specialist department, one of only a few in the country. We are based at **St Peter's Hospital in Chertsey** but we provide our services to patients from several other hospitals too.

Please make sure you come to the right hospital!

Preparing for a Prolonged EEG Recording

Unless we ask you to change, carry on taking all your usual medication as recommended by your doctor. Please bring a list of your medications with you.

You can eat as normal, including meals on the day of the test.

You should have a normal night's sleep before the test, unless instructed otherwise.

We can only do the test if your hair is clean and dry; therefore do not use any hair styling products (gel, wax, mousse, hair lacquer)

Arriving at St Peter's Hospital

If you are unable to attend on the day of the test, please do let us know, using the contact details at the end of this booklet.

The department is in the old part of the hospital called "The Ramp", opposite the A and E department. The nearest car parks are numbers 4 (A & E / Rowley Bristow) and 5 (Hazel), both of which have entrances onto The Ramp right outside our department. If these are full, use the main car parks outside outpatients or the Abbey Wing and follow directions to "The Ramp" and our department. It may be helpful to bring this booklet with you to show people if asking directions. The signs in the hospital say "Clinical Neurophysiology" or "EEG and EMG". Please note St. Peters Hospital operates payment parking systems. Further details are available online at www.ashfordstpeters.nhs.uk/for-patients/getting-here.

The entrance is at the side of the building. Please ring the bell and register with our receptionist. It is helpful if you can arrive about 10 – 15 mins before the appointment time shown on the accompanying letter. We have only limited space in our waiting room, if you arrive earlier at the hospital you will be asked to wait elsewhere. There is a café at the main outpatient entrance. We aim to keep to our appointment times, but if we are running late we shall let you know and we ask for your patience.

What happens during the EEG

This hospital performs two types of Prolonged EEG Recording:

- Multiple Sleep Latency Test (MSLT)
- A 24 Hour Ambulatory EEG Recording

Your test will be carried out by a clinical physiologist, who will meet you in our waiting room and take you to the recording room. We shall explain the test to you and this is a good time to ask any questions you still have. The clinical physiologist will also ask you about your particular problem and about your health in general.

The clinical physiologist will measure your head and make marks with a skin pen. At each mark, he or she will rub the skin and attach a small metal disc through which the recording is made. It is held in place with a sticky paste.

Multiple Sleep Latency Test

In some very specific cases a number of EEG recordings are required over a 7-8 hour period. With the 1st recording starting at 9 am followed by further recordings at around 11 am; 1 pm; 3 pm and on very rare occasions 5 pm.

You are able to leave the department and visit the coffee shop for lunch or a snack in between the recordings if you wish or sit in the waiting area reading.

For this test you will be sent a sleep hygiene diary for the week prior to your appointment. It is important that this is filled in as a best you can as this information will have some bearing on the test results.

The investigation is painless and in most cases you will be lying down for the recording and will be asked to follow instructions, such as to close and open your eyes. No needles or electricity are used and we only record the signals which are produced naturally by your brain.

We often record a normal EEG too during one of the recordings, In most cases we use 'activation procedures' to improve the recording, including overbreathing and photic stimulation. The clinical physiologist will explain these to you and ask for your consent at the start of the test.

Consent

The clinical physiologist will ask you to sign a consent form for the following two areas of the test.

Video recording - this is a useful tool in helping the medical consultant report on the EEG recording. The video is time locked to the recording, which means that the consultant can at anytime play the video and see exactly what the patient is doing. This allows for a more detailed report which can be diagnostic for some conditions.

Photic stimulation – this part of the test involves a flashing light, similar to a strobe light. This part of the test can be useful for specific types of epilepsy. In a very small number of people there is a very slight risk of this triggering an event. If this happened there is a risk that you might lose your driving licence – you would have to discuss this with the doctor who referred you for the test. This is not the aim of the procedure and we take all possible steps to stop this happening.

We will discuss both of these areas further with you at the time of your appointment and the clinical physiologist will try to answer any questions you may have.

What happens after MSLT recording

After the recording the small discs will be painlessly removed and the paste dissolved by rubbing the area with clean warm water.

Your hair will still feel sticky afterwards.

There are no after effects from the EEG recording and you can leave immediately after the last recording.

Ambulatory EEG

This is a prolonged EEG, usually lasting for around 24 hours, looking at a very specific diagnostic question and the majority of people will have had some type of EEG recording before.

You will be given 2 appointments about 24 hours apart, 1 for setting the test up and the 2nd for removal of the discs.

For this test the small discs will be attached to the head with a much more robust gel, which will keep the discs in place for the required time. The discs are then attached to a small portable device which is usually worn around the waist and you are then free to go home and go about your daily life.

You will be asked to keep a diary sheet during this recording and return it to the department.

You will be unable to bathe, shower or wash your hair whilst attached to this recording device.

We suggest that you wear a button up shirt or top as you will be unable to lift any clothing up over your head whilst attached to the recording device. You may also wish to bring a hat or cap to cover your head.

What happens after Ambulatory EEG recording

After the recording is stopped and the information downloaded and checked to ensure the full recording time has been obtained the small discs will be removed from the head. We will use a purpose made remover for this which does have a fairly strong smell.

Your hair will need a thorough wash and we will give advice as to how to remove any residual gel.

You can leave immediately after this.

What happens next

Your EEG recording is reported at a later time by both the clinical physiologist, who gives a technical report which involves measuring all the different waveforms recorded, and the medical consultant who gives a clinical report.

This report is sent to your hospital consultant and he or she will give you the result of the EEG test at a later date.

A copy may be sent to your GP.

We aim to prepare these reports in good time.

Contacting us

If you have any questions before your appointment please contact us and we will try our best to answer them.

You can phone us on 01932 722543. We are open from 9 am to 5 pm. There is an answering machine outside these hours or if we are unable to take your call.

Our postal address is:

West Surrey Clinical Neurophysiology
St Peter's Hospital
Guildford Road
Chertsey
KT16 0PZ

Further Information

We aim to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with our staff or the Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

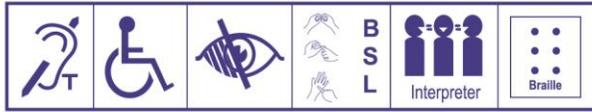
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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

اگر نیاز بہ ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

जे जुगलु उरनमे दी लेंड है डां खरपा करवे हिस नंघर उे डेन करे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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