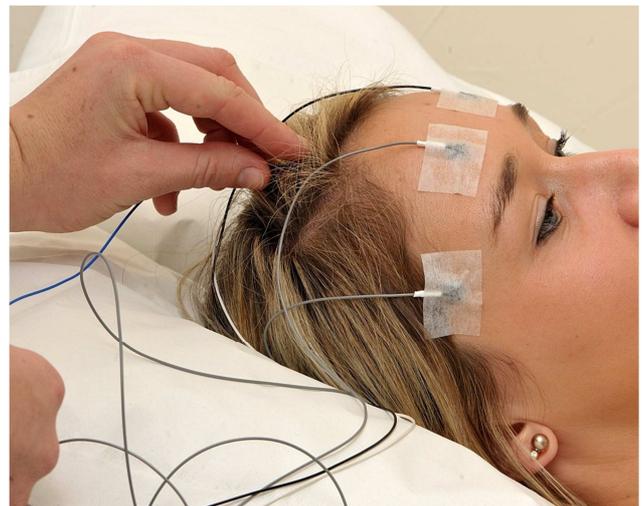


# Information about Your EEG

**Neurophysiology Department  
Medical Physics  
Clinical Support Services  
Diana Princess of Wales Hospital**

**This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries you may have.**



# Information for patients and visitors

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## What is an EEG?

An EEG (Electroencephalogram) is a recording of the electrical activity of the brain. This leaflet is a simple guide to the test.

An EEG has been requested by your doctor to assist in being able to decide the cause of the symptoms/problem. If the test is conclusive this will help the doctors to decide the best treatment for your condition.

A routine EEG does not always provide an answer and on occasions there is a need to perform a more prolonged EEG or different investigations. If this is required it will be explained fully by your doctor.

## Before Your Appointment

- Please ensure you have something to eat within 1 ½ hours before the appointment
- Please arrive in good time with clean hair, free from grease, hair spray, gels and lacquers etc
- Continue to take any medicines as usual. Please bring a list of your current prescribed medication

## How is the EEG carried out?

The test takes approximately 1½ hours. The Clinical Physiologist doing the test will start by measuring your head so they know where to stick some small discs. These are then attached with sticky paste after the scalp is gently rubbed.

The recording will be taken while you relax either sitting or lying down and can take up to 1 hour. You will be asked to follow some instructions such as open and close your eyes or breathe deeply.

After the test the discs will be removed with warm water and you will be able to return home or to school / work. Some of the paste will be left in your hair afterwards, but this is water soluble and will wash out. You may bring a comb or brush with you to tidy your hair after the test.

A video recording is part of the EEG as it is helpful in the diagnosis of your condition; this will be discussed with you when you attend.

## What do I feel during the test?

You will feel a cold rubbing sensation on the scalp when the discs are being applied, but there are no sensations during the recording. No needles are involved.

# Information for patients and visitors

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## Activation Techniques

During the test some of the following are usually required and this will be explained at the time:

- **Deep Breathing**

This may produce changes in your brain wave activity that could help in diagnosis and is therefore a useful part of the test. You will be asked to breathe deeply for 3 minutes. It can cause a light-headed feeling or tingling of the lips or fingers but this normal and will pass afterwards.

- **Photic Stimulation**

You will be asked to look at a bright flashing light with your eyes open and closed, for a few seconds at a time. This is an important part of the test for people who may have seizures or black outs caused by flashing lights. We will be looking at the EEG at all times and will stop the light immediately if you appear to be sensitive. This is done under strictly controlled conditions.

- **Sleep**

A recording during sleep can sometimes be helpful therefore if you are drowsy during a routine EEG you may be allowed to drift off to sleep for a few minutes.

## Are there any risks?

On extremely rare occasions in some patients the activation technique (deep breathing and photic stimulation) can provoke an attack. Should this event occur please do not be alarmed as you will be in the care of experienced staff who are able to deal with these events. Before the test we will ask you if you have read and understood this information and whether you consent to go ahead with the activation techniques. Please ring the department if you have any concerns, or if you wish you can discuss any issues with the Clinical Physiologist at the time of your appointment.

There is a very small risk that you could experience a reaction if you are allergic to the adhesive tape / paste. Please tell the Clinical Physiologist if you have any known allergies.

## When will I get the results?

A full report will be sent to your doctor who referred you for the test they will discuss this with you at your next appointment. The Clinical Physiologist will not be able to give you the results after the test as the EEG has to be analysed.

## Information for patients and visitors

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### Other types of EEG recordings

- **Sleep Deprivation EEG**

You may require a sleep EEG which takes up to 2 hours. We usually ask you to avoid sleeping or to deprive yourself of sleep on the night before the test (the amount of sleep you can have will be in the appointment letter). You may still be sleepy after the test, therefore you should not drive at this time and you should have someone to accompany you home. In a few clinical conditions sleep deprivation can make some patients attacks more frequent.

- **Sedation Sleep EEG**

On rare occasions (mainly children) your doctor may ask for a mild sedative medication to be used to produce sleep and this would be explained in the appointment letter if it is necessary. This takes around 2 hours to complete. The mild sedative is short acting and you will be able to go home immediately after the test.

- **Baby Sleep EEG Test**

This is done for children under three years old and can take up to 2 hours to complete. A detailed appointment letter will be sent if this is needed. We will record whilst your child is awake and then asleep. This makes the test more useful in diagnosis and may avoid a 2<sup>nd</sup> appointment. To help us achieve this, please bring a bottle of milk, a dummy if used, blanket / toys /pacifier which will help your child to sleep. Breastfeeding is also an option and the test can be stopped to accommodate. Please do not let your child sleep before the test.

- **Prolonged EEG Test**

Occasionally more prolonged recordings are required lasting up to 4 hours. It is recommended to bring a book /iPad / magazines with you.

### Additional Information

If you have any concerns regarding the procedure, or your appointments, please contact the Medical Physics Department on 03303 304535.

### Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

**For Diana, Princess of Wales Hospital** – you can contact the Patient Advice and Liaison Service (PALS) on 03033 306518 or at the PALS office which is situated near the main entrance.

**For Scunthorpe General Hospital** – you can contact the Patient Advice and Liaison Service (PALS) on 03033 306518 or at the PALS office which situated on C Floor.

Alternatively you can email:

[nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)



# Information for patients and visitors

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## Confidentiality and How We Use Data

Personal information on NHS patients is collected and recorded within paper and electronic formats primarily to support high quality care that is safe and effective. To do this, information is also used to support quality improvement activities, investigate any concerns you may raise as well as to support and understand NHS performance. All NHS staff have a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it. Other circumstances where information may be shared include administrative teams to plan future care needed, commissioners of Trust services, other NHS or social care providers and in some cases voluntary sector providers.

## Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients who are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

## Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

## Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.



# Information for patients and visitors

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## Northern Lincolnshire and Goole NHS Foundation Trust

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Scunthorpe General Hospital  
Cliff Gardens  
Scunthorpe  
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Goole  
DN14 6RX

03033 306999

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