



# Information for patients

---

## Introduction

**Before receiving your appointment letter along with this ambulatory information sheet below, you should have had a telephone assessment with a clinical neurophysiologist to discuss your suitability for the test and answer any questions or concerns you may have. If you haven't had a phone call from us please call us on 03033 304203 prior to your appointment.**

## What is an Ambulatory EEG?

An ambulatory Electroencephalography (EEG) is a portable EEG which is recorded continuously for 24 hours. It enables us to record the electrical signals from the brain as waves. The test is carried out to help the doctors find out the type and the cause of the episodes occurring, and to try to record one of them. You will have two appointments scheduled, the first appointment is to apply 21 disc electrodes on to your scalp and 1 electrode is attached to each shoulder and then the Neurophysiologist will begin the recording. The second appointment is for the removal of the electrodes.

## What is the benefit of the Ambulatory EEG test?

The brain's electrical activity fluctuates every second, a routine EEG only provides a 20-minute sample of the brain's electrical activity, which is for a very short amount of time whereas ambulatory recordings are recorded over a longer duration of time.

## Before your Appointment

- Please wash your hair the night before your appointment and refrain from using any products such as hair gel or hairspray etc
- It would be helpful if a front fastening top is worn, this will help you when changing into your nightwear
- Please ring the department if episodes become less frequent or if you do not wish to proceed with this test
- All medications should be taken as normal. Please bring a current list of medications with you to the first appointment
- Eat and drink as normal

## Prolonged EEG Recordings

Some patients are asked to stay in the department for up to 4 hours whilst recordings take place. It is recommended that you bring a book, magazine, electronic device, and some refreshments with you (especially if you are a Diabetic and know that you will require food and drink during the time you are with us in the department). You will need to bring any medications with you that you will be due to take, or might be needed during the time you are with us.

## You May Have to Come Back to the Department on More Than One Occasion

Following the Ambulatory recording, you will have been given a second appointment. The recorder can only store around 60-72 hours of EEG recording data. It might be necessary to attend more than once to have the recording downloaded, depending on the amount of time we need to record for. If recording is taking place for more than 1 day (24 hours), we will provide you with extra diary sheet and batteries and show you how and when to fill in the diary sheet and change the batteries.

On the second appointment we will discuss with you any episodes that might have happened, this will help the Neurophysiologist decide whether the recorder box needs to be set up to continue recording or not. Once the test is completed the disc electrodes and glue products are removed from the hair using Acetone and Mavidon.

## Some Patients Are Asked by Prior Arrangement to Stay on the Ward or Asked to Return Home with the Video Camera

Some patients are asked to return to the ward or home with a video camera, this is your choice and is in no way compulsory. Should you decide you that you do not wish to, your standard of care will not be affected. We would ask that the video camera is positioned safely in the bedroom or living room. We ask that it is out of the reach of children / pets, spillages or being knocked off a surface. Caution should be taken to avoid any breakage or damage occurring to the equipment or its protective case.

## Using the Patient Alert Marker Button and Completing the Patient Diary

You will be given a diary to complete during the recording; the Neurophysiologist will explain how to fill out. **It is vital that the diary is completed for reporting purposes.** If you have any concerns about completing the diary, do not worry. Please speak to the Neurophysiologist before leaving the department who will be able to help you.

## What information should you include in the diary?

- Day to day activities e.g. washing the pots
- Eating and drinking
- Times of relaxation, e.g. watching television
- When active e.g. walking
- What time you go to bed and wake up the following morning
- Had any episodes / warnings / symptoms / attacks witnessed or reported

**There is a red patient alert marker button attached to the recorder box which you will have been shown, you or a witness must press this button if you feel an episode is coming on, during or after an episode.** It may become necessary to repeat the study if the diary is incomplete or no data registered on the recording box.

## What happens once I have gone home?

Within reason we want you to go about your normal day to day activities, ensuring the safety of both yourself and the recording box. Participating in energetic hobbies can result in sweating causing the electrodes to become loose, resulting in a high level of artefacts in the recording meaning this part of the recording may not be analysable. It is very useful to gain a baseline recording. You can achieve this by having a drink and a snack, then resting on your bed with your eyes closed for 30 minutes once you have returned home or to the ward.

## Do Not Bath, Shower or Swim during the Entire Recording Time as This is an Electrical Device

If an adult with learning disabilities is having the Ambulatory recording performed, then the **carer or guardian must be aware that they need to closely and continually observe them, due to an associated risk of potential strangulation caused by the wires.** The wires will have been secured as much as possible in a net stocking but can still pose a risk. If you have had to change your clothing, please re-secure the wires to the clothing using the tape or clip provided. For sleeping, position the box in the bag above the head possibly tucked under the pillow.

## How to remove the adhesive products from your hair?

A member of staff will have removed the electrodes from your head. They will also have attempted to remove the majority, if not all of the adhesive products from your scalp and hair, using Acetone and Mavidon medical adhesive remover. You may however find that a small amount of the glue product is remaining in your hair, if so then please follow the steps given below:

- On your return home, you will need to thoroughly shampoo your hair twice, and then apply ample amounts of hair conditioner, coating all of their hair
- Leave the conditioner in your hair for a few minutes
- With the conditioner still on your hair, use a fine toothed comb to comb through your hair from root to tip
- Glue remnants will come down the hair and will be present on the comb
- Repeat this until you feel all the glue products have been removed
- It will not be necessary to cut the hair to remove any remaining glue

Please be aware that the number of attempts can sometimes depend on your hair type, for example if you have very long hair, or if has been chemically coloured, straightened or permed hair.

## Information for patients

---

### What are the risks of Ambulatory EEG test?

If you follow the health and safety advice given by the Neurophysiologist and the information provided in this leaflet, then the risk is minimal. Every patient is different therefore can react differently and have different tolerance levels. If you are pregnant in your first trimester, the ambulatory EEG is not recommended.

### What are the risks associated with Collodion glue and Acetone?

- Patients who are in the **first trimester of pregnancy should not have Collodion applied**
- **Do not** smoke – the collodion **glue and acetone used is highly flammable**. You may smoke again when they have been fully removed using shampoo
- **Do not** receive or be near any source of Oxygen due to the **glue being highly flammable**
- There is a very small chance that an allergic reaction to the Collodion (glue) can occur which would normally be expected to happen before leaving the department. It is advisable that you continue to observe your child's scalp, face and neck / shoulder or back for any obvious signs of allergic reaction including swelling and or redness that can be visibly seen or if it feels like that your scalp is burning or hot
- **If you think an allergic reaction has developed then call the department on 03033 304203 for further advice**, it may be necessary that you have to return and have it removed. If it is after 4pm until 8am the next morning then you will need to contact NHS direct or attend A&E taking any documentation with you and you could let the staff know that Acetone is required to remove it. (**Glued areas can become itchy after a while, this is not classed an allergic reaction to the products used**)

### How to contact us with any queries or concerns you may have?

If you have any concerns that you wish to discuss before attending the appointment regarding the procedure or anything you have read in this information leaflet, please contact **03033 304203** to speak directly to Neurophysiologist. If you are unable to keep this appointment, please contact us on **03033 304535 / 03033 305784** so that alternative arrangements can be made and the appointment can be given to another patient waiting for the test.

### Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

# Information for patients

---

## Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browsealoud na naszej stronie internetowej [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Visus mūsų lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Vse naše zloženko so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

**Date of Issue: November, 2020**

**Review Period: November, 2023**

**Author: Head of Neurophysiology**

**IFP-1226**



---

**Kindness • Courage • Respect**