

About your ambulatory EEG

An ambulatory EEG test is similar to a routine EEG - it is a recording of brainwave activity, but it is of longer duration (up to 24 hours), and is set up to allow you to return home whilst the recording is in progress.

As with a routine EEG, the test is completely painless and completely harmless, and you can continue with any medication you are taking as well as your usual meals.

You will have to come to the hospital on two consecutive days – the first day to set up and start the recording, the second to stop the recording.

On your first visit electrodes will be attached to your head (using a special glue) and connected to a small recording box that is placed in a pouch that can be attached to a belt or shoulder strap that we will provide. This will take about 2 hours.

You will need to return the following day at the specified time for the second visit to have the recorder and electrodes removed. This will take about 1 hour. In the meantime you will be able to continue with your usual activities.

Preparation for the test

Please ensure that your hair is clean and free from oil, lacquer, gel or other hair products. In addition, we ask that you telephone the department and speak to one of the clinical physiologists if you have hair extensions, weaves or braids in place, as we may need to make special arrangements.

Please be aware that once the electrodes are in place you will not be able to remove clothing over your head, so it is essential that you wear a **front fastening top** (for example, a shirt or blouse). We also advise you to **bring a hat**, especially if you are travelling by public transport.

We also recommend that you attend with a friend or family member on both days. However if you are likely to be travelling by yourself via public transport, it may be possible for us to arrange hospital transport for the homeward journey on day one, and the outward journey on day two, although we cannot guarantee this.

The clinical physiologist will be happy to answer any questions you may have concerning the test when you come for your appointment.

If you are unable to keep your appointment please contact us on 020 7830 2072 or 020 7794 0500 extension 33143 (office hours).

If you would like a large print or audio version of this information, please ask a member of staff.