York and Scarborough Teaching Hospitals
NHS Foundation Trust

Information about your Inpatient Video Ambulatory

EEG (Electro-Encephalography appointment)

Information for patients, relatives and carers

ⓘ For more information, please contact:

Clinical Neurophysiology

Telephone: 01904 725665

Department of Neurosciences

York Hospital, Wigginton Road, York, YO31 8HE

This leaflet aims to answer any queries you may have regarding your Inpatient Video Ambulatory EEG appointment.

What is Video Ambulatory EEG?

An EEG (Electroencephalography) is a recording of the electrical activity of the brain in the form of a graph.
A Video Ambulatory EEG records this brain activity for several hours or sometimes days, whilst a separate camera monitors you continuously, recording video and sound.

Please note this is an inpatient investigation and will require you to stay on a ward for the duration of the test.

Why do I need the test?

An EEG gives accurate information on the brain wave activity at the time of recording. This gives your doctor important information to help in making a diagnosis and for advising on any treatment you may require.

There are a number of alternative EEG tests, each having their advantages and disadvantages. In your case, your doctor considers a Video Ambulatory EEG to be the investigation of choice. If you have any questions about this decision please contact the doctor who referred you for the investigation.

What will happen during Video Ambulatory EEG?

- The test involves attaching some small disks to your scalp using special glue. These disks are then connected to a small recorder, which will continue to record your EEG whilst you are on the ward.

- You will need to carry the recorder in the shoulder bag provided, which will stay attached to you throughout the recording period.

- Once the equipment is attached you will be admitted on to a ward at York Hospital.

- You will be asked to remain in camera view at all times.

- This procedure has no side effects.

If you are a parent of a child having the Video Ambulatory EEG, you are encouraged to stay on the ward with your child.

Preparation for Video Ambulatory EEG

- Your hair needs to be clean (please do not apply any hair products like gel, spray or mousse).
- If you wear hair extensions please contact the department prior to your appointment.
- There is no need to stop taking any medication unless you have been told to do so by your doctor.
- Please bring a list of medication you are currently taking.
- It would be helpful if you could try to record any episodes on a mobile phone and bring a copy of this with you when you attend.
- During the investigation please wear loose buttoned clothing that does not need to be lifted over your head.
- You may want to have a bath or shower before attending, as you will not be able to once the equipment is attached.
- Please bring lots of activities to help keep you/your child occupied.

How long will the test take?

The duration of the test varies, between several hours to a few days.

What happens once the recording is finished?

- The glue is dissolved and the disks are removed. Small traces of glue may remain. This will come out gradually with washing.

- You will be able to go home once the monitoring is finished and the doctors have discharged you.

- The results are analysed and interpreted by the consultant clinical neurophysiologist. A written report will be sent to the doctor who referred you for the test.

- Unfortunately you will not receive any results of your test on the day of your appointment.

- It is important to understand that you are not being watched continuously. Any episodes you may have will be recorded for the doctor to review after the investigation has finished.

Are there any risks?

Video Ambulatory is a safe test. It is important to ensure that you do not get the wires tangled with other objects, or around your head, neck or upper body (this is a potential risk during sleep). For this reason, we ask patients to wear the recorder in the bag provided at all times to minimise this risk.

What should I do if I cannot attend this appointment?

- If you are unable to attend, please let us know as soon as possible so that the appointment can be offered to another patient.
- A new appointment can be arranged for you at a mutually convenient date/time.
- If you no longer require this test, please let us know so that we can remove your name from the waiting list.

If you have any queries or concerns regarding the test, then please contact the department.

Please contact us on telephone number 01904 725665
Department opening times are:
Monday - Friday 8:30am– 4:00pm

For more information, visit our website:
www.yorkhospitals.nhs.uk

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Department of Clinical Neurophysiology, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725667.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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