York and Scarborough Teaching Hospitals
NHS Foundation Trust

Information about your Home Video Ambulatory (HVA) EEG appointment

Information for patients, relatives and carers

ⓘ For more information, please contact:

Clinical Neurophysiology

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Department of Neurosciences

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

What is Home Video Ambulatory EEG?

An EEG (Electroencephalography) is a recording of the electrical activity of the brain in the form of a graph. The Home Video Ambulatory (HVA) is an EEG which records for a longer period (24 hours usually) with simultaneous video recording, which is performed within your home environment.

Please note: you will go home with some equipment attached to you along with a separate video camera. You will be required to return the following day to have it removed.

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 HVA 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.

Will I need to stay in hospital for the test?

No. You will come to the department of Clinical Neurophysiology at York Hospital as an outpatient to have the equipment connected. You will then be able to go home with the equipment attached to you along with a separate video camera. You will, however, be required to return the following day with the video camera, and to have the equipment removed.

What will happen during HVA EEG?

- The test involves measuring your head and 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 when you are at home.

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

- A short recording may be taken before you leave the department, so please allow approximately one and half hours for your appointment.

- When you arrive home, the video camera will need to be set up in your living area, following the instructions provided.

- It is important that you stay in that room until bedtime, so that we capture any of your events/attacks on video if they occur.

- The video camera then needs to be moved to your bedroom when you go to bed, following the instructions provided.

- This procedure has no side effects.

The physiologist will explain fully how to set up the video camera that you will take home with you and will answer any questions or concerns you may have. You will also be given a diary sheet to fill in for the duration of the test.

A convenient time will be arranged with you to return the following day to have the equipment removed and for you to return the video camera.

Please note the home video ambulatory equipment records both pictures and sound.

It is your responsibility to ensure anyone visiting your home is made aware of the built in microphone.

In addition, if you have any pets please ensure they stay away from the equipment.

Preparation for HVT

- 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 before 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.

- 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 for the test, as you will not be able to once the equipment is attached.

How long will the test take?

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

What happens once the test is finished?

- You will be required to return to the department the following day to have the equipment removed.
- The glue is dissolved and the disks are removed.
- Small traces of glue may remain. This will come out gradually with washing.
- 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.

Are there any risks?

Home 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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