

The Roald Dahl Neurophysiology (EEG) Department

Ambulatory EEG Monitoring (Outpatient)

Information for parents and carers

What is Ambulatory EEG monitoring?

Ambulatory EEG monitoring is the continuous recording of the activity of the brain. It is used to help investigate a number of conditions most commonly black outs or frequent seizures. The aim of the test is to capture some of your child's typical episodes which they are experiencing throughout the day or night time.

Will Ambulatory EEG monitoring hurt my child?

No, as it is a painless test and there are no side effects.

What should I expect to happen during this test?

Your child will be monitored, **for a period of 1 to 5 days**. This is decided on clinical grounds and will be discussed with you on arrival.

Please ensure your child has clean hair which is free from hair gel etc.

Make sure your child continues with their regular medication unless advised otherwise by your child's Consultant.

The test is performed by the Clinical Physiologist who will explain all aspects of the test thoroughly.

To monitor your child's brain patterns, the EEG electrodes are attached to the scalp with special adhesive. This ensures the electrodes remain in place during day time activities and sleep. We do not shave or cut their hair.

The electrodes are connected to a small recorder which is placed in a bag and worn either around the waist or across the body.

Your child can watch a DVD during the set up procedure, which takes approximately 30 to 45 minutes and they can bring in their favourite DVD or a small hand held toy if you prefer.

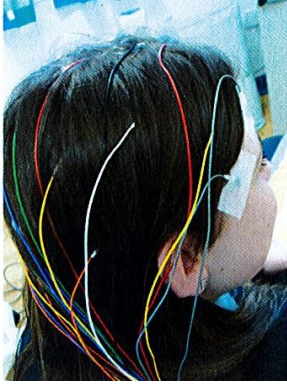
If your child is a baby or infant, please bring a bottle with you in case they want a feed. It helps if your child wears a T shirt or a button through top for the duration of the test.

Once set up, the monitoring is carried out at home.

You will need to bring your child back to the department each day to:

- upload data from the previous 24 hours,
- to change the battery
- re-attach any loose electrodes if necessary.

Each visit takes about 20 to 30 minutes.



Photograph of electrodes attached to patients scalp



Photograph of a recorder placed in bag

Whilst being monitored, your child will be able to attend school or nursery as normal but will not be able to take part in sports or swimming class whilst the electrodes are in place.

They will not be able to wash and comb their hair or have a bath/shower.

At the end of the monitoring period

There are **no after** effects and we remove the electrodes with a solution which dissolves the adhesive.

The Clinical Physiologist cannot give you any results of the ambulatory EEG monitoring immediately. It is reported by the Consultant in the department and you will receive the results at your next clinic appointment.

What will happen if I decide that my child will not have the monitoring?

It may affect the management of your child's condition.

Are there any alternatives to this procedure?

There are no alternative procedures

For further information or If you are unable to attend or wish to re-arrange please inform us by ringing **0151 252 5375**

This fact sheet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.



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