

Ambulatory EEG (AEEG)

An information guide



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What is an Ambulatory EEG (AEEG) recording?

An Electroencephalography (EEG) is a technique that records the brain's electrical activity. An Ambulatory Electroencephalography (AEEG) is a prolonged EEG which is recorded over a 24 hour period or longer.

If you have an event during the recording the purpose of the test is to find out whether this is epileptic in nature. Sometimes you may not be aware you are having episodes/events or you may be having them in your sleep.

This information may assist your consultant to advise you on appropriate treatment.

Why do I have to come to North Manchester General Hospital?

AEEG investigation is not available at the other hospital sites within the Northern Care Alliance (NCA), therefore although you may have originally seen a doctor at another site you have been referred to North Manchester General Hospital.

What preparation is needed?

- Please ensure your hair is clean and free from oil or lacquer of any kind.
- Wear comfortable clothing that can be easily changed without taking over the head, i.e. a shirt or blouse with buttons or a zip rather than a T-shirt.
- Please note that children/babies will not be allowed in the room where the test is being carried out, therefore if you need to bring a child with you, **you must ensure that someone is with you who can supervise them.**

Medication

Please continue to take any medication as normal.

How is the test performed?

At least two appointments are given for Ambulatory EEG, firstly to set up the recording and secondly after 24 or 48 hours to return equipment and remove the electrodes.

The Clinical Physiologist will start by measuring your head and then 23 small metal discs are fixed to your scalp with a special type of glue called collodion. The wires are connected to a small box which is usually worn in a bag over the shoulder. This records the electrical activity of your brain and is not harmful.

Am I going to be admitted to hospital?

No.

This is an out-patient investigation.

Is Ambulatory EEG monitoring uncomfortable or painful?

The smell of the glue used can, at times, be unpleasant. However once in place people quickly become accustomed to the electrodes on their head and usually do not experience any difficulty with sleep.

A special solvent is used to remove the glue when the recording is finished. Some people find this procedure uncomfortable. Fragments of glue and dried electrode paste remain in the hair and it may take several hair washes and combs to remove it all.

Can I go about my usual daily routine?

Yes.

You may continue with your usual daily routine of working, eating, resting, sleeping, gentle exercise etc. However if you would like your child to go back to school with the monitor attached, you may need to check with the school that this is ok to do so.

Please note that the leads will be visible on your head, particularly at the front. You may wish to bring a hat or other head covering to put on, preferably **NOT** a cap.

Can I have a shower or a bath during the recording period?

No.

Water may get into the recorder and damage it.

Why do I need to keep a clinical activity record?

The Neurophysiologist reading and reporting the record must know what you were doing during recording. If any abnormal activity is seen in the EEG, it can then be correlated to the activity. It is especially important to note any funny turns, fits or faints.

It is better if possible to have someone else write about any funny turns, fits or faints which you may have during the recording, as you may not remember or you may not be aware that you have had one.

Are there any risks?

Very occasionally people may experience a slight local reaction at the electrode site. This may cause reddening and soreness.

These symptoms resolve quickly on removal of the electrodes. If you experience these symptoms please inform the staff attending to you.

The electrodes cables running from your head to the recorder can become entangled around your neck if not worn under items of clothing or taped along your back. Staff will discuss how to minimise these risks with you.

What happens after the AEEG?

The information collected during the AEEG will be analysed and a full report will sent to the doctor who referred you for the test.

Please remember that the record, will not be read or reported without the clinical activity record, which must be available at the time of reporting.

Contacting us

If you have any questions about the issues raised above, or have any other concerns, please contact the Neurophysiology Department by on 0161 720 2780.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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