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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Ambulatory EEG Outpatient Appointment

What is an Ambulatory EEG (Electroencephalograph)?

This is a prolonged recording of the electrical activity of the brain using small discs (electrodes) on the head. It is a test and not a treatment and is painless. About 23 wires are glued to the scalp and attached to a small recorder which is worn on a belt around the waist and taken home. This will record the electrical activity of the brain continuously whilst you carry on with your usual activities throughout the day and night. The recorder is usually worn for 24 or 48 hours so after this time you will have to return to the hospital to have the electrodes removed. If you have the EEG for 48 hours then you will also need to return to the hospital after 24 hours so that the batteries can be checked.

Detailed instructions about care of the recorder will be given by the Technician at your appointment.

To avoid possible damage to the equipment, we recommend that small children should not be left alone overnight while they are wearing the recorder.

How to prepare for your appointment

- if you are taking regular pills or medicine please do not stop taking them
- wash and dry your hair but do not use any type of hair-spray, gel, mousse or oil on it
- eat and drink before the appointment as usual
- you might like to bring a hat or scarf to cover the wires once they are on the head
- as clothing cannot be removed over the head once the wires have been attached, we suggest that you wear a button-up/zip-up top for the appointment.

Result of the test

When the recorder is removed by the technician the data is analysed by a Consultant Neurophysiologist and a report is sent to the referring GP or Consultant. We will not be able to give you the results on the day the electrodes are removed.

Dept of Clinical Neurophysiology

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