

**Patient
Information**

Having an EEG

Introduction

The aim of this leaflet is to give you a brief understanding of tests we carry out in the Neurophysiology Department.

All tests are designed to record measurements of brain/nerve/muscle electrical activity.

The results of the tests will be returned to the doctor or specialist who asked for the tests to be performed.

The exact type of test you are having will be shown on your appointment letter.

If you are taking any medications please continue to do so unless your doctor informs you otherwise.

Routine EEG (electroencephalogram)

This is a recording of the electrical activity in your brain and involves placing small electrodes on the scalp with soft paste.

During the test you will be asked to complete some activities such as relaxing, deep breathing and looking at flashing lights. The appointment will take about one hour.

Please make sure that your hair is clean, with no added hair sprays, oils or gels as these products can interfere with the quality of the EEG recording.

For babies and young children you may wish to bring some entertainment or toy and a feed to help occupy and settle the child during the test.

Sleep Deprived EEG

This is similar to a routine EEG but you will need to keep yourself awake all night, on the night before attending this appointment.

Our aim is to allow you to sleep briefly, so wearing comfortable clothing may be helpful.

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Department

Neurophysiology

Review due

October 2023

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For young children, partial sleep deprivation can be effective with the child going to bed later than normal and being woken up a few hours earlier than they normally would.

If you have any queries or questions, please do not hesitate to contact a member of the team. The contact details are at the end of this leaflet.

Sleep EEG

This is a routine EEG where we will try to let you have a short sleep. If your doctor has prescribed 'melatonin' for this, please bring this with you, and it can be administered on your arrival.

Ambulatory EEG

This is again similar to a routine EEG but you will keep the equipment on for 24 to 48 hours and take it home. The small electrodes are fixed securely in place using glue on your head, which will be removed at the end of the procedure.

You will need to attend the department to have the equipment fitted. You will then need to return the following day to have the recorder removed or batteries changed, at a similar time.

If no events have occurred during this time, it may be necessary to continue recording for a further 24 hours.

Contact information

If you would like any further information or have any concerns about your tests please call the Neurophysiology Department to discuss.

Neurophysiology Department

Gloucestershire Royal Hospital

Tel: 0300 422 6818

Monday to Friday, 7:30am to 4:00pm

For more information about the department and the tests carried out please visit:

Website: www.gloshospitals.nhs.uk/our-services/services-we-offer/neurophysiology

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Further information

For more information about the EEG test please visit:

NHS

Website: www.nhs.uk/conditions/electroencephalogram/

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