

What is an ambulatory EEG?

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Document Number: STHK1570
Version: 03
Review date: 01 / 10 / 2023

Your Consultant would like you to have Ambulatory EEG monitoring. We hope that the following information will help to answer any questions you may have.

What is ambulatory monitoring?

This involves recording small electrical signals produced by the brain throughout the day and night onto a small lightweight portable recorder. It is used to record signals at home during normal routines and natural sleep. It is a continuous recording for 24/48 hours.

Why have ambulatory recording?

Your Consultant thinks this monitoring of your attacks /seizures may help their understanding of your particular condition and this may improve your care and treatment.

What should be done before the test?

- ❖ Please wash your hair and don't use any hair products such as hairspray or gel.
- ❖ You should continue to take any prescribed medication as usual unless told otherwise by your doctor.
- ❖ Eat as normal.
- ❖ It would be helpful if you could wear clothing that could be undone and changed easily e.g. Button up tops or a top you can sleep in.

What will happen during the test?

- ❖ Attend the Department for your appointment. A qualified Clinical Physiologist will explain the test to you and answer any questions you may have.
- ❖ You will then have the electrodes applied with special glue.
- ❖ These electrodes will then be attached to a small recorder which is held in place using a belt around the waist.
- ❖ This setting up procedure takes approximately 45 minutes and then you will be free to go home.

- ❖ You should avoid chewing gum.
- ❖ **You must not** have a bath or shower, wash or comb the hair once they have the electrodes attached.
- ❖ You will be asked to keep a diary of your activities such as eating and sleeping and keep a record of any attacks during the monitoring period. Please record as much detail as possible about any aura, length of the attack, any “triggers” you may feel might have been involved.
- ❖ The following day you will be required to return to the Neurophysiology Department to have the electrodes removed or, if a further day is to be recorded, to have the recorder box batteries changed.
- ❖ Once we have recorded enough information the electrodes will be removed using a special solution which will dissolve the glue. It is hard to remove all the glue although care will be taken to remove as much as possible. After care instructions will be given following the procedure.

Is having an ambulatory EEG painful?


No, during the recording you will feel nothing.

Are there any risks?

- ❖ No. An EEG will not affect your general health.
- ❖ In rare instances you may develop skin redness, if their skin is particularly sensitive, where the electrodes are applied.
- ❖ You must keep the belt around your waist at all times due to the risk of the electrodes becoming wrapped around your neck if they are left free.

What happens after the test?

Once the recording has been reviewed by the Clinical Physiologist, a Consultant will then write a report to the doctor who asked for the test. This usually takes a couple of weeks.



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