

## Are there any risks?

There are no risks associated with sticking the discs on your head and recording your brain wave activity.

Hyperventilation (the deep breathing) and photic stimulation (the flashing light) may slightly increase the chances of a seizure occurring. The risk is estimated to be less than 1 in 1000.

Hyperventilation can also produce symptoms of tingling fingers, dizziness and mild confusion for a short period of time.

In the very unlikely event that you do have an epileptic seizure your driving licence would be at risk.

If you have any concerns regarding the procedure please contact us or speak to your doctor.

## What are the consequences of not having an EEG?

An EEG is a well established method of helping doctors to diagnose and treat a range of medical conditions.

Your doctor would not have as complete a picture as they require and hence your diagnosis may take longer and / or your treatment may not be the most appropriate.

## Are there any alternative ways of getting the same information that a EEG provides?

No. However, there are many areas of research taking place and the development of scanning techniques for example may mean that in the future different methods may become available.

**We welcome feedback about our services. Please tell a member of staff what you felt about this service.**

## Contacts

### Neurophysiology Department

Telephone: 01444 441881 Ext. 8650 / 8651

Direct lines 01444 448650 and 01444 448651

[www.bsuh.nhs.uk/neurophysiology](http://www.bsuh.nhs.uk/neurophysiology)

## Travel information

### Hurstwood Park Unit

Hurstwood Park Neurological Centre is located in the grounds of the Princess Royal Hospital, Haywards Heath, West Sussex, RH16 4EX

### Southlands Unit

Located in the X-Ray Department, Southlands Hospital, Shoreham-by-sea, West Sussex, BN43 6TQ

Detailed information about travelling to our units, including public transport and parking facilities, are available from our website.

[www.bsuh.nhs.uk/neurophysiology](http://www.bsuh.nhs.uk/neurophysiology)

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فبإمكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你不明白本單張的內容，我們可安排口譯員服務。

如你不明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمی فهمید، ما می توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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# Standard EEG's

## Clinical Neurophysiology



### What is an EEG ?

EEG stands for 'Electroencephalogram'. It is a test for recording the ongoing electrical activity of the brain. To do this we apply 22 small discs to the scalp using a conductive, sticky paste.

The signals appear as wavy lines on a computer screen. We also record a video image so we can match up any physical symptoms with the waveforms.

We use an EEG to investigate a number of different conditions – the most common of these are blackouts and seizures.

### Who carries out the test?

Qualified healthcare professionals called Clinical Physiologists perform the procedure.

### What does it involve?

We will measure your head and decide on the position of each disc, which we will mark with a crayon. We then rub each mark with a 'gritty' feeling gel, using a cotton wool bud. After this you lie down on a bed / couch. We will then apply the discs and start the recording.

### What happens during the recording?

Once all the discs are applied you will be made as comfortable as is possible and the room may be darkened. We will ask you to open and close your eyes a few times then left to rest. At some stage during the recording we may ask you to breathe deeply for a short time, and also to watch a flashing light.

### Does any of it hurt?

The procedure is painless and harmless. Some people find the gritty gel a bit scratchy. During the recording there is no sensation at all – we are simply monitoring the signals your brain produces naturally.

### How long does it take?

We will want to record the activity for about 20 minutes. The whole procedure including preparation can therefore take up to one hour.

### Do I need to bring anything?

We will need to know full details of your current medication in case there is anything that might affect the wavy lines. You may wish to bring a comb or hair brush to help tidy up your hair afterwards.

If it is a young child having the test, things to aid co-operation, such as drinks, a dummy, a comforter or a toy may be helpful. We also have video and DVD playback facilities so feel free to bring any favourites along which they can then watch during the recording.

### Do I need to do anything in preparation?

You can carry on with all your normal activities, including eating, drinking and taking any prescribed medications.

We do not need to shave any hair for us to attach the discs but we do ask you to arrive with hair clean and dry, and not to put any hair product or spray on it.

### Can someone stay with me throughout?

Yes, of course, but we prefer to only have one person with the patient in the recording room at any one time. During the recording they must remain quiet and will be unable to leave the room until completion. Otherwise the waveforms we are trying to record may be affected.

### Can I bring other children with me?

We do not advise it because they can cause a distraction which may affect the waveforms we are trying to record. If unavoidable please

can you come with a responsible adult who can look after them whilst the test is being performed.

### Is there a difference in the procedure for children?

Some children may become tearful during the preparation stages, especially if they do not like their head or hair being touched. However, most children do settle down either during the application of the discs or once the discs are on the head.

If it helps the child settle they can have a drink and babies can be bottle or breast fed.

Younger children and babies can stay on their parents / carer's lap throughout the procedure if necessary but it is preferable for the older child to lie down. The room may be darkened and quiet music or nursery rhymes played if this will help relaxation / sleep.

We will generally adapt processes according to the child's needs and capabilities.

Please let us know if there is any further information about your child which will assist us in our preparation before the appointment.

### Are there any after effects of the test?

There are no after effects. Once the discs are removed you will be able to leave the department straight away.

The crayon and paste used are water soluble and most will be removed before you leave. Your hair will remain feeling sticky to touch until it is thoroughly washed.

### When do I get the results?

Once we have analysed the tracing we will send a written report to your referring consultant. This may take three to four weeks.