



Useful websites

www.nhs.uk

www.northamptongeneral.nhs.uk

Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0800 0224332, email: smokefree@nhft.nhs.uk and pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 544516 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, email: pals@ngh.nhs.uk

About your child's Daytime Sleep EEG test

Northampton **NHS**
General Hospital
NHS Trust

We hope the following information is helpful to you.

If you need any further information please ring us 01604 545724 Monday to Thursday 8.30am-4.30pm and 8.30am-3.00pm on Friday.

What is an EEG test?

An EEG test is a simple recording of the tiny electrical signals generated by the brain. Changes in these signals may help the Doctor in the diagnosis and management of your child's symptoms.

We will explain everything before starting the test and answer any questions you may have.

You will be in the Department for about 1hour.

Small discs are placed on your child's head with sticky paste. It is important for your child to be fairly still during the test and in babies and toddlers this is best when they are asleep.

If you think it will be impossible for your child to sleep during the test please ring us to discuss.

We also make a video recording to monitor movements but we will only do this if you give your consent.

What do I need to do before the test?

Your child's hair must be clean and free from gel or spray. Please do not cut their hair for this test.

Check their hair for head lice and apply treatment 2-3 days before the test if necessary. It may not be possible to do the test if head lice are present.

If you have any additional needs, including access due to disability or need an Interpreter, please contact us as soon as possible.

IMPORTANT INFORMATION

On the day of the test you **must keep your child awake**.

Wake your child up early and do not let them sleep on the day of the test, especially on the journey to the hospital. This is to make sure they are tired when you arrive for the test.

Bring soothers that your child will need to sleep, such as a bottle or dummy or special blanket or toy.

Please do not worry if your child does not sleep we can still record some information when they are awake.

Give your child any usual medication and bring a list of the medication with you.

Will there be any after effects?

The test is painless and there are no after effects.

We will remove as much of the sticky paste as we can with warm water but you will need to wash your child's hair when you get home.

What will happen after the test?

The test is reviewed after you have been seen and the results will be sent to the referring Doctor so they will not be available immediately.