

## Useful websites

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

[www.northamptongeneral.nhs.uk](http://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](mailto: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](mailto:pals@ngh.nhs.uk)



# About your EEG test

Northampton   
General Hospital  
NHS Trust

Northampton General Hospital NHS Trust, Cliftonville, Northampton NN1 5BD.

[www.northamptongeneral.nhs.uk](http://www.northamptongeneral.nhs.uk)

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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 your brain. Changes in these signals may help your Doctor in the diagnosis and management of your symptoms.

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

You will be in the Department for about 1 hour.

Small discs are placed on your head with sticky paste. You will be asked to lie quietly for about 20 minutes whilst the signals are recorded.

It is important to stay fairly still during the test and this can be challenging for some people. You can bring things to help such as a favourite DVD, book or hand held game machine.

If you think staying still is impossible please ring us.

During the test we may ask you to breathe deeply for a few minutes or ask you to look at a flickering light. This will be discussed with you before starting the test.

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

## What do I need to do before the test?

Your hair must be clean and free from gel or spray. It may not be possible to do your test if you are wearing hair extensions.

Check your 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.

Take your medication as usual and bring a list of your medication with you.

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

## 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 your hair will need to be washed 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 your referring Doctor so they will not be available immediately.