

## 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 child's Melatonin EEG test

Northampton   
General Hospital  
NHS Trust

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[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 a Melatonin EEG test?

An EEG test is a 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.

Small discs are placed on your child's head with sticky paste. It is important that children remain still during the test and this is difficult for some children. In this department we use Melatonin to help children to feel sleepy and relaxed during their EEG.

Melatonin is a naturally occurring substance made by the brain in the evening to prepare the brain for sleep. It can be given in a drink or yogurt and will encourage your child to fall asleep.

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

You will be in the Department for about 2 hours.

## 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 especially on the journey to the hospital.

Bring with you things that may help your child to relax and sleep and their favourite drink or yogurt.

We will have the Melatonin in the department for you to give to your child; it normally takes about 20 minutes to work.

Please do not worry if you think your child will 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 of Melatonin. 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.