

## 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 Ambulatory 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. This leaflet is to remind you of the key points you discussed with one of our team.

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 Ambulatory EEG test?

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

Small discs are glued on your head and connected to a recorder box which you must carry around for the total time of the test.

The number of days you will wear the recorder will have been discussed with you.

You should continue your normal day to day activities.

Remember during this test:

- You can NOT have a bath or shower or wash your hair
- You need to keep the wires under your clothes and stuck to your back for safety
- You must write your activities and symptoms in the diary sheet
- You must press the event button when your symptoms occur.

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

Your hair must be clean and free from gel or spray. Remove hair extensions. Please do not cut your hair for this test.

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.

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

## IMPORTANT INFORMATION

If your symptoms change or stop you must contact us as it may not be suitable to perform this test.

Wear suitable clothes when you come for the test (button or zip up) so you do not need to pull them over your head.

Bring a hat or scarf if you would feel more comfortable with the wires covered.

Make plans to allow for time off work or school. You may need to have someone with you during the test to help record your symptoms.

## Will there be any after effects?

We will try to remove as much glue as possible but there will be some residue in your hair. This can be removed with nail varnish remover or by combing the hair with conditioner.

## 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.