



### 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)

## PATIENT INFORMATION

# About your Pre-Ambulatory assessment

Northampton **NHS**  
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.

Please note this appointment is for an assessment not for the test and the monitor will not be fitted on the same day.

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.

## Pre-Ambulatory assessment

Your doctor has asked us to perform a prolonged continuous EEG over 1-5 days to better understand your symptoms. This is called an Ambulatory EEG.

Often this is done to capture an episode or attack that you are having.

We would like you to come for a Pre-Ambulatory assessment to discuss the safety and procedures involved in this test and to get a better understanding of your symptoms. This assessment will take about 15 minutes.

PARENTS - If the appointment is for a young child or a child with special needs you may feel that they do not need to come to the assessment. Older children may benefit from seeing the equipment so we recommend they come with you.

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

You will be asked to tell us about your symptoms, how often they happen and things that you feel bring them on. It may be helpful to keep a diary of your symptoms and bring it with you to this assessment. You may also wish to bring someone with you to help you.

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

## IMPORTANT INFORMATION

You may need to make plans to have time off work or school whilst you have the Ambulatory monitor attached.

You may need to have someone with you during the monitoring to help record your symptoms.

Please think about these issues to help you plan the best time for your Ambulatory EEG to be performed.

## What will happen after the assessment?

If we feel Ambulatory monitoring will be helpful we will talk to you about when the test can be performed and for how many days.

You will be given an appointment letter confirming when you will have the monitor fitted.