

Having a 24 hour ambulatory EEG

Information for patients



Easy Read

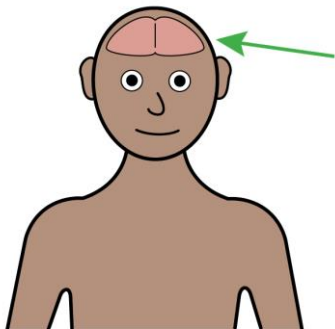
easy read



This leaflet uses easy words and pictures.

You might want to ask someone to help you read it.

brain



An EEG test records your brain waves.

doctor

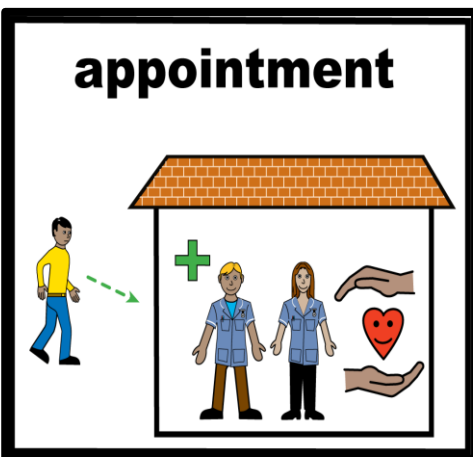


The test will help the doctor understand why you have been unwell.



Before the test wash and dry your hair.

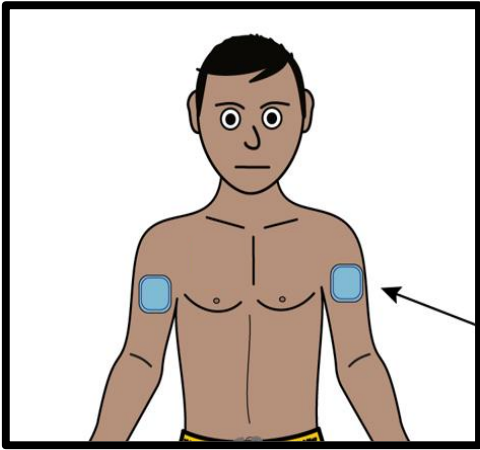
Do not use hair spray or gel.



You will have an appointment at the hospital.

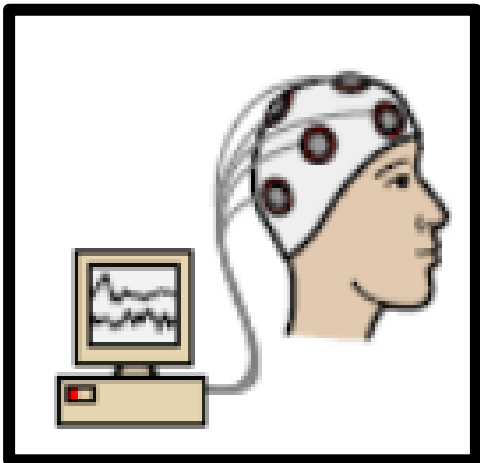


The doctor will stick some pads with wires on your head.



You might have pads on your shoulders.

This is to record your heart beat.



The wires are plugged into a monitor.



You can go home.

You take the monitor with you.

no pain



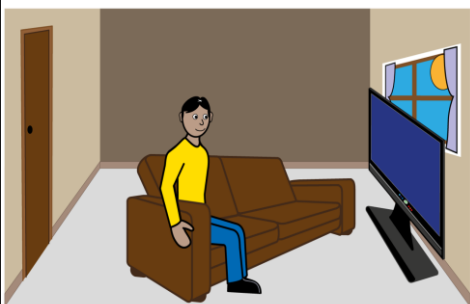
The test will not hurt.

write down



You can keep a diary whilst you are at home.

watch TV



You can write in the diary things like:

- When you eat
- When you watch TV
- When you go to bed



You should also write down if you feel unwell.



You should not have a bath or a shower.



You should wear comfy clothes.



The next day you will come back to the hospital.



A member of staff will take the pads and wires off.



At home you should wash your hair to remove any sticky glue.