

## Ambulatory EEG for Children

**What is an ambulatory EEG?** It is a 24 to 48 hour recording of the brain's naturally occurring electrical activity using wires on the head connected to a small recorder that you take home. It involves two or three trips to the hospital.

**First appointment (all tests)** - Leads are attached to your child's head with special glue, and then connected to a recorder worn in a little bag or rucksack. The recorder may also be hung on a pushchair or pram. Toddlers and infants also wear a soft net cap to cover the leads and discourage touching. Recording begins.

**Second Appointment (48hr test only)** - Leads are checked, batteries changed and recording continues.

**Last Appointment (all tests)** - Recording finishes and leads are removed.

### What should we do before we come?

- Your child's hair should be freshly washed and dried and free from any gel, oil or hairspray
- Try to dress your child in clothes that unbutton at the front which are easier to take off at night
- Do not stop any medication prescribed by your child's doctor unless you have been told to do so
- Give your child any meals as usual
- Some children like to bring a hat to wear over the leads.

**Will it hurt?** No, only a little gentle rubbing during preparation but there is nothing to feel from the test itself. If leads have been on the skin for a prolonged period, the scalp may occasionally be a little tender afterwards.

**What must we do during recording?** You will be given a diary to record your child's activities and details of any attacks or symptoms. Aim for as normal a day as possible, while watching closely for attacks.

### What should my child avoid doing?

- Avoid touching the head or electrodes.
- Your child should not bathe, shower, swim or get the head or electrodes wet in any way.
- Avoid sporting-type activities
- Avoid chewing gum, using an electric blanket or using a mobile phone.

**Can my child sleep with it on?** Yes, we will discuss this with you when you come.

**How do you remove the leads?** We use a mild solvent called **Mavidon** to soften and remove the glue without irritating the skin.

**Mavidon solvent washes out with shampoo or soap but will discolour or dissolve some plastic and painted materials such as plastic glasses and hearing aids. We suggest you take these precautions when your child's leads are removed:**

- Try not to let your child touch their hair and then rub their eyes or touch any other items before you have washed their hands and hair
- Wash your child's hair as soon as you return home

**Can we travel on public transport?** Yes, but have your appointment letter with you. Leads may not be fully hidden and due to current national security awareness you may need to tell transport staff your child is having a medical test. On buses, show the letter to the driver. Train companies advise you to phone the local station beforehand so they can advise staff.

**When will we get the results?** The doctor who referred your child receives the results in one to three weeks.

**Please phone if you have any further questions: 01305 255255**