

# Prolonged daytime EEG

**This leaflet explains about prolonged daytime EEG telemetry. If you have any questions or concerns about the test or recording period, please contact the department, t: 020 7188 9209, Monday to Friday, 8.30am-5pm to discuss them.**

We look forward to welcoming you to Evelina London Children's Hospital Telemetry Unit.

Your child will be admitted to a telemetry room on Savannah Ward (4<sup>th</sup> Floor). The purpose of the telemetry is to record any events/seizures your child is having. This room is fully equipped to carry out continuous EEG monitoring with video. Sound is also recorded as this can give useful information if your child has a seizure. Your child can move freely around the room.

## What is an EEG?

An EEG (electroencephalogram) is a test to record the electrical activity of your child's brain. The nerve cells in the brain produce tiny electrical signals. Recording and checking these can give doctors useful information about how your child's brain is working. EEGs can be used to diagnose and monitor seizure disorders, sleep disorders, movement disorders, development and changes in behaviour. These are commonly known as events.

## What happens during the test?

In most cases, 22 electrodes (small discs) will be applied to your child's head with special adhesive, and another 2 electrodes will be attached to each arm. This is painless and takes up to 1 hour to do. Once the electrodes are in place the telemetry monitoring can start.

Although monitoring will continue throughout your child's stay, the cable may be disconnected so that your child can leave the camera range to use the toilet. In some circumstances it may be possible for your child to leave the room for a short time but this is strictly by arrangement with the telemetry staff.

## How long will the test last?

In most cases for a 10am arrival the test is usually complete by around 3.30pm. Sometimes, if enough information is gathered, it can be completed sooner.

## Consent - asking for your consent

We want to involve you in decisions about your child's care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree for your child to have the treatment and you understand what it involves.

If you would like more information about our consent process, please speak to a member of staff caring for you.

## When will you get the results?

The results of the test need to be analysed, and a full report will be sent within 3 weeks to the doctor who asked for the test. The doctor should arrange with you when and how you will receive the results.

## Is there anything you need to do to prepare?

In some cases it may be necessary to reduce antiepileptic medication. This will be discussed with you before admission or when you arrive on Savannah Ward. You should give your child their routine medication as usual before admission.

Please wash your child's hair the night before or on the day of the test and do not use any hair products such as gels, oil, wax or sprays. This will help stick the electrodes to your child's head.

## Essential items you will need to bring for your child

- Favourite toys, books and DVDs
- Slippers
- Comfortable day clothes – ideally tops should be front fastened
- Toilet bag
- Any current medication that your child is taking.

If you have any video footage of your child's events or seizures please bring it with you.

The play specialist can help provide activities to keep your child occupied but it is a good idea to bring a selection of favourite games books and DVDs with you, and school homework.

We can also place your child on the hospital school list and a teacher will visit them and engage in activities with them.

Each room contains a flat screen Freeview TV/DVD player for your use.

## Do you need to stay with your child?

Yes. You are the best person to identify if your child is having a seizure, so we need you to stay with your child. However, we do realise that you will need to leave the room to make drinks and use the bathroom.

We understand that you will probably need to leave for short and infrequent breaks but it will be helpful if you can keep these breaks to a minimum. The nursing or EEG staff will be available to offer support during your stay.

## Meals

Your child's meals will be provided but you may bring extra snacks if you wish.

If your child has any special dietary needs please let us know before the day of admission so that arrangements can be made with the ward.

We cannot cater for parents or guardians so please bring food with you, or you can use our facilities. There are microwave facilities on the ward in the parent's kitchen and tea, coffee and cold drinks are provided for your use.

## Facilities

There are a number of shops on the St Thomas' site including coffee shops, a restaurant and a newsagent. On the Evelina London site there are facilities for buying drinks and sandwiches.

## Telephone

You can use your mobile phone in the rooms but please keep noise to a minimum.

Free access to the internet is available for all patients, visitors and carers. To connect, search for the NHS WiFi network on your device.

Please note that some internet content may be blocked, and Wi-Fi should not be used for viewing TV programmes or making phone calls or video calls (including FaceTime and Skype).

### Contact us

If you have any questions or concerns about please contact the department,  
**t:** 020 7188 9209, Monday to Friday, 8.30am-5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm **e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)  
**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111 **w:** [www.111.nhs.uk](http://www.111.nhs.uk)

### NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** [www.nhs.uk](http://www.nhs.uk)

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