

Children's Sleep EEG Electroencephalograph

EEG Department Patient Information Leaflet



Preparation for the Investigation

The night before the test:

- Please keep your child up as late as possible.
- Please ensure that your child's hair is clean, dry and free from grease, hair spray, gels and lacquer.
- Your child will be receiving some sedation to enable them to go to sleep. Please pack some nightclothes and any cuddly toy or comforter they may need.

On the morning of the test:

- **2:30am:** Please do not allow your child to eat anything (this includes baby formula/milk) after this time.
- **4:00am:** Please do not allow your child to have any breast milk after this time.
- **6:00am:** Please wake your child up.
- **6:15am:** Please do not allow your child to have any water after this time.
- **7:00am:** Please **telephone Children's ward on 01253 95 34 37** at 7:00am to make sure there is still a bed available.
- Please do not allow your child to go back to sleep again.

If your child is taking any prescribed medication they must continue to do so. Please bring a list of all current medications with you to the appointment.

What is an EEG?

EEG stands for Electroencephalograph. An EEG records the natural electrical patterns of the brain when electrodes are placed on your scalp. An EEG provides information about the electrical activity that is happening in the brain at the time the test is carried out. The electrodes used only pick up the electrical signals, they don't affect the brain and they don't cause any pain. The information gathered can help the doctors with a diagnosis.

What is a sleep EEG?

A recording during sleep or after sleep deprivation can be helpful. Lack of sleep can sometimes cause attacks in those patients who are prone to epilepsy. Your child will be receiving some sedation to enable you to go to sleep.

What happens during the test?

The investigation will be explained and the parent or person with parental responsibility will be asked to give written consent. You are free to ask any questions about the investigation at this time. The child's head will be measured and some marks will be made on the scalp using a washable pencil. The Physiologist will gently rub the scalp in the 21 positions where the electrodes are going to be placed; these are applied with a sticky paste.

The child's heart rate will be recorded by 2 small electrodes placed on either the shoulders or arms. Some sedation will be given to the child to help the child sleep during the test.

Once the electrodes are applied the child will be asked to lie down for the test and they will be given some instructions such as, open eyes and close eyes. After this the child will be allowed to go to sleep. A video recording of the child will be made during the investigation unless requested otherwise; this will provide additional information for the reporting doctor.

Once the investigation is finished the electrodes will be removed and the paste will be wiped off with warm water. Normal shampoo will remove any residue left. You and your child will be allowed to go home when the child has recovered. The child will likely still feel tired after the investigation.

The child may be asked to participate in the following at the beginning of the investigation.

- **Hyperventilation:** This may produce changes in brain wave activity that could help in the diagnosis. The child will be asked to take deep breaths for about 3 minutes. This may cause some light-headedness or some tingling of their lips or fingers. This is normal and will pass once the child returns to normal breathing.
- **Photic Stimulation:** This is an important part of the investigation for patients who may have blackouts or seizures caused by flashing lights. The child will be asked to look at a bright light, which will flash at various speeds, with their eyes open and with their eyes closed. Rarely does this cause a seizure in those patients who are photosensitive. The Physiologist, who will be looking at the recording, will stop the flashing light if the child appears to be sensitive.

How long does the test take?

The test takes about 4-5 hours, this includes recovery time.

Where do I go to have my test?

You need to call Children's Ward at 7am to ensure there is still a bed available. The test will be carried out on Children's Ward 01253 95 3437– Area 8 of Blackpool Hospital.

When will I get my results?

You will not be told the results on the day of the test. The recording needs to be analysed afterwards. The report will be forwarded to the referring clinician.

What if I have any questions about the test?

If you have any concerns about the test please call the EEG department on 01253 95 34 52 as soon as you receive the letter to avoid any potential delays. The Physiologist will also be happy to discuss any queries on the day.

How many people can accompany the patient?

Due to shortage of space on the wards it is preferred that only 2 adults accompany the patient. Unfortunately the recording room is not suitable for small children or babies.

Useful contact details

Department: EEG

Telephone: 01253 95 34 52

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concerns or complaints the Trust receives. You can contact them via tel: **01253 955588** or by email: **bfwh.patientrelations@nhs.net**

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

References

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397** or **bfwh.trustpolicyteam@nhs.net**

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**



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