

Sleep-Deprived EEG Outpatient Appointment (page 1 of 2)

Sleep-Deprived EEG (Electroencephalograph)

This is a test and not a treatment. This records the electrical activity of the brain using small discs (electrodes) on the head. It is painless and takes about 90 minutes. It is like a routine EEG except that we need you to stay awake all night before the test.

How to prepare for your appointment

- If you are taking regular pills or medicine, please do not stop taking them
- If you suffer with asthma and have an inhaler, please bring it with you as it may be needed during the deep breathing exercise.
- Please have hair freshly washed and dried. Do not use any type of hair-spray, gel, mousse or oil on it.
- Please do not drink any tea, coffee, coca cola or any other stimulants. You may have other drinks such as water, milk, squash, fruit juice and you may eat as much as you wish during the night.
- Please arrange a lift both to and from the hospital as you are advised not to drive after sleep-deprivation.

What will happen at your appointment?

We attach 24 electrodes to your scalp after making some measurements of your head and marking with a pencil. The electrodes are attached to the scalp with a sticky paste which easily washes off.

The technician will then start the recording in a darkened room and hopefully you will feel drowsy and fall asleep.

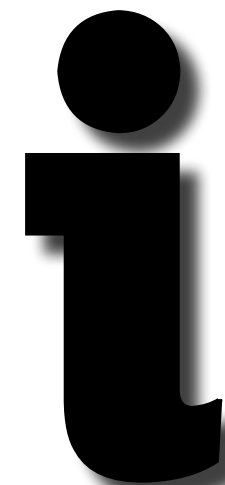
IMPORTANT

During the recording we may ask you to:

- a. attempt a short period of deep breathing and/or
- b. watch a flashing light.

You will be required to give written consent before the test starts. The consent is to confirm that you understand these two procedures and the associated very small (less than 0.1%) risk of causing a seizure. Having a seizure could result in the loss of a driving licence. You may, of course, choose to decline this part of the test.

Dept of Clinical Neurophysiology
 **01722 336262 Ext 2432**



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Result of the test

The recording is then analysed by a Consultant Neurophysiologist and a report is sent to the GP or Consultant who referred you. The result is not available on the day of the test.