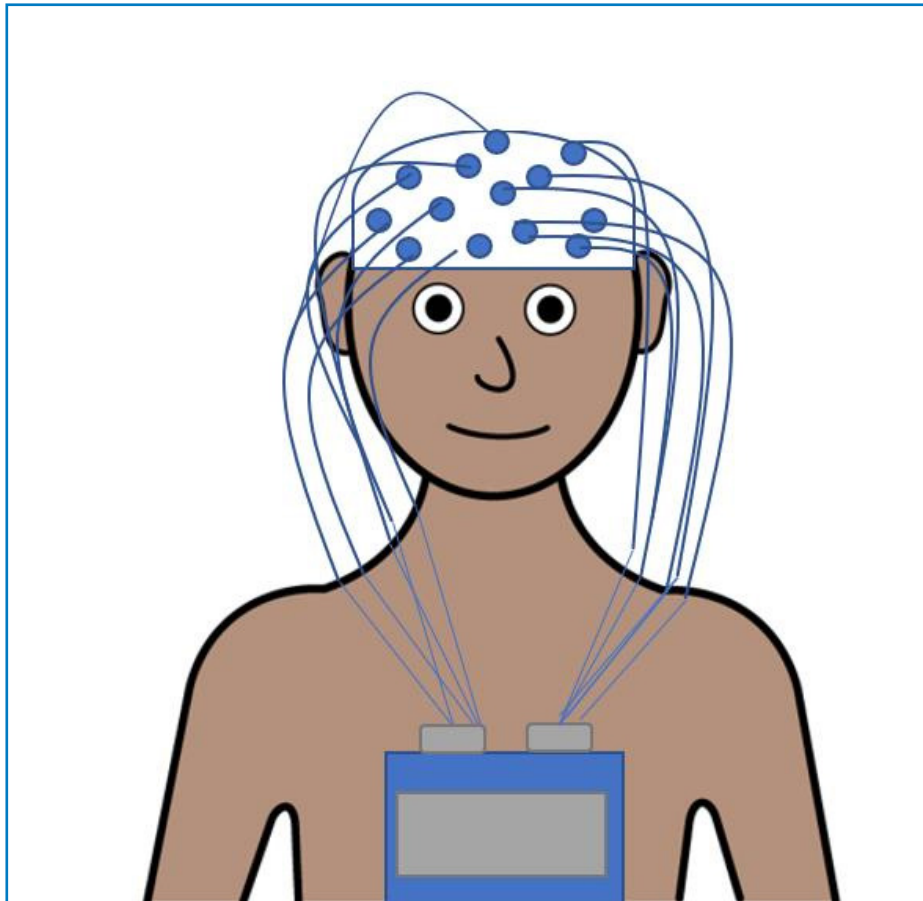


## Neurophysiology

# Having a 24 hour Ambulatory EEG

## Easy Read



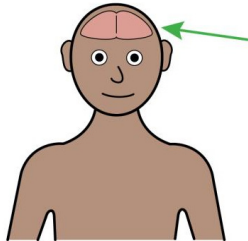
## easy read



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.

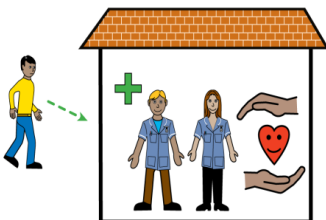
## washing hair



Before the test wash and dry your hair.

Do not use hair spray or gel.

## appointment

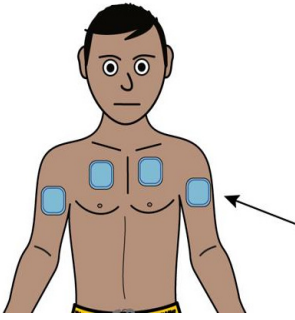


You will have an appointment at the hospital.



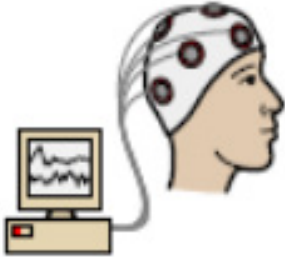
The doctor will stick some pads with wires on your head.

You might have a bandage so that the pads and wires do not move.



You might have pads on your shoulders.

This is to record your heart beat.



The wires are plugged into a monitor.

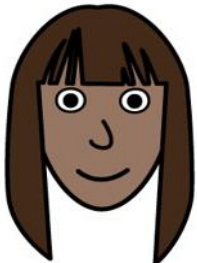
**home**



You can go home.

You take the monitor with you.

**no pain**



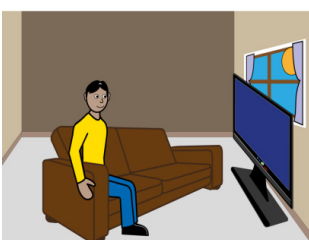
The test will not hurt.

**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.

#### **bath and shower**



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.

#### **home**



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

**If you have any comments about this leaflet or the service you have received you can contact :**

**Amanda McKie**  
**Matron Lead for Learning Disabilities**  
**Mobile Number: 07827 084120**

**Samantha Croll**  
**Neurophysiology Manager**  
**Mobile Number: 07385 398618**

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"