



# EEG monitoring

**Important instructions to follow while taking part in an EEG monitoring study to try to find the cause of your symptoms.**

## What is an EEG?

An EEG is an ElectroEncephaloGram, which is the recording of electrical activity produced by the brain.

## Important advice

- You must not let the EEG monitoring equipment come into contact with water or sand whilst wearing it.
- Although we would like you to follow your normal routine as much as possible, please do not perform any activities that may damage the equipment.
- **If you have any questions or concerns, please talk to the clinical physiologist before the monitoring starts.**

## What you need to do during the EEG monitoring study:

1. **Fill in the diary sheet.** Keeping a diary helps the physiologist interpret the EEG.
  - On the diary sheet, please record the time of any activities you do and anything you feel is important.
  - It is important to record the time of any episodes or events that occur during the monitoring period and press the EVENT MARKER.
  - We may also ask you to record in the diary sheets when you go to bed and when you wake up.

Name: XX XX		DOB: XX/XX/XX	NHS: XXX XXX XXX
		Date: XX/XX/XX	
Time	Event/ Description		Duration
07:30	Got out of bed - pressed button		
08:00	Eating breakfast		
08:30	Walked the dog		20 mins
10:00	Jerk right hand - pressed button		1- 2 seconds
12:30	Lunch		
13:00 - 14:00	Nap		
15:45	Possible episode looked like daydreaming		20 seconds
19:00	Dinner		
20:00	Bedtime pressed button		

**2. Press the event marker.** If you experience an event or episode, press the event button and record the time of the event on the diary sheet.

It is also useful to record details such as:

- How long the event or episode lasted.
- If the event button was pressed before, during or after the event or episode.
- Description of the event or episode.
- In case you are unable to press the event button, please ask any relatives/friends/carers/ hospital staff to press the button.



**3. Change the batteries.** The batteries for the EEG monitoring box need to be replaced regularly. **The physiologist will tell you how often to change the batteries during your study and will note it on the diary sheets.**



1. On the back of the recorder, slide open the battery panel. Remove the old batteries.

2. Once the new batteries have been inserted, close the panel and check that the base of the recorder is closed properly (should be flush with the rest of the recorder).

**IMPORTANT:** When the batteries have been inserted correctly, the amber light on the side of the recorder should start flashing.



*The light may take a few minutes to start flashing, but if it doesn't, check the panel has been closed properly and/or insert new batteries.*

**4. Safe removal of electrodes.** If the electrodes were stuck to your head with adhesive cream, they will be removed by a clinical physiologist. You will get an appointment time to return to the department and information regarding the products we will use to remove the adhesive from your scalp.

**Please remember to bring the bag with the EEG monitoring box and event marker, along with your diary sheets to the appointment.**

## **Contacting us**

**If you experience any difficulties, have any queries or problems, do not hesitate to contact us.**

If electrodes, adhesive paste or tape irritate your skin requiring removal prior to the end of the study, please contact us so we can help.

Office hours: 8am-4pm Monday to Friday

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<b>Please ask if you need this information in another language or format.</b>
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RBFT Clinical Neurophysiology Department, July 2025

Next review due: July 2027