



Ambulatory EEG monitoring

This leaflet outlines what to expect when you come to hospital for ambulatory EEG monitoring to try to find the cause of your symptoms.

What is an ambulatory EEG?

An ambulatory EEG is a recording of your brain activity over 1 to 3 days. You will wear the leads at home.

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

How is it done?

A clinical physiologist will take measurements of your head and make some marks on the skin. They will gently rub over the marks and then attach around 23 small metal discs using a sticky paste. The discs will remain in place for the duration of the study. To make sure they do not come off, we use a special adhesive cream and a net hat to hold them in place.

Each disc is attached by a lead to a recorder that you will wear near your waist.

You must not let the recorder come into contact with water while you are wearing it so you will not be able to have baths or showers for the duration of the test.

The clinical physiologist will give you instructions on how to use the equipment. You will be given a diary to keep.

The preparation will take about 2 hours, after which you will go home.

When you return the discs and paste will be removed and you will be able to go home, to work or school. Some patients prefer to go home and wash their hair before returning to other activities.

History of symptoms

It may be helpful to bring someone along with you who has seen your attacks, and/or bring a home video.

Will I feel anything?

You will feel the skin being rubbed before the discs are put on your head, but the test is otherwise painless. No needles are involved.

What other measurements are made?

A disc will be applied to each shoulder to record your heart rhythms.

What preparation is needed?

- Please come with clean hair, free from grease, hair spray etc. Head lice must be treated. You may want to bring a comb / brush with you for your hair after removal of the discs.
- Loose clothing that will easily fit over your head will be most comfortable. Jewellery may have to be removed.
- If you take any medicines or tablets, you should continue to take them at the usual times. You may also eat and drink normally beforehand.

Can the EEG monitor read my mind?

No, we only record the electrical activity from your brain, and are not able to read any thoughts or emotions you may have.

Is this shock treatment?

No, we are only recording signals produced naturally. This is a test not a treatment.

What happens if I have a seizure during the test?

If you hold a driving licence, you will need to inform the DVLA (as for all attacks); this may affect your ability to hold a driving licence.

Will I get the result the same day?

No, the results need to be analysed afterwards and a full report will be sent to the doctor who referred you for the test.

If you have any questions or concerns, and if you have any allergies, please talk to the clinical physiologist before the start of the test.

Contacting us

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Neurology, August 2025

Next review due: August 2027