

Video ambulatory Encephalogram (VaEEG)

What is a video ambulatory EEG?

A video ambulatory encephalogram (VaEEG) is the recording of the natural electrical patterns of your brain, or brainwaves, taken together with a video recording of your seizures or attacks, when you are going about your everyday activities. A VaEEG is usually taken over a period of 24 hours or up to five days.

Up to 25 small metal discs (electrodes) are glued to your scalp and the leads are connected to a portable recorder that you carry around in a pouch attached to a shoulder strap. You will also be loaned a handheld video recorder, together with necessary accessories, which you will be required to position to best capture yourself on camera.

Before having a VaEEG you may have a routine EEG, either on the same day or at some time before. This will be decided by your doctor and the neurophysiology department.

The appointment will take around 1.5 – 2 hours.

The following information will help you prepare for your appointment so you know what to expect.

What should I do before my appointment?

Before your appointment you should:

- Continue to take your regular medication
- Arrive with your hair freshly washed, dried and free from hairspray, mousse or gel to ensure the electrodes stick to your scalp
- Wear clothes that button or zip at the front or a T-shirt that you can sleep in. You may also bring a loose-fitting hat or jacket with a hood to cover your head after the discs have been applied
- Do not wear any form of hair weave or extension, as the glue removal chemicals will damage them.

If you have a hair weave, hair extensions or braided hair, please contact the department before your appointment for advice on the following number: 0121 371 6420

What will happen at my appointment?

During your appointment, your scalp will be prepared with a special paste that will clean the skin and give a contact between your scalp and the electrode. The electrodes are attached using glue (collodion). A special sticky contact paste is used under the electrodes. In rare instances, this may result in skin redness or itching.

If you are known to suffer with skin allergies or rashes, please contact the department before your appointment on the following number: 0121 371 6420.

At the end of the appointment you will be given instructions on how to use the video recording equipment. You will also be given a quick reference guide on how to set up and use the video recording equipment to get the best possible results.

Information for Patients

Video recordings of your seizures/attacks will be kept as part of your confidential medical records. **The recording equipment and all accessories will be on loan to you for the duration of your investigation. You will be required to sign a Loan of Equipment form, confirming that you agree to return the equipment at the agreed date and time. It is essential this equipment is returned at the agreed time so that it does not affect the appointments of other patients who need the use of this equipment.**

You may bring a friend or family member along with you.

What will happen during the recording?

Throughout the recording process you will be required to fill out a diary sheet with details of any seizures or attacks that you have. This will help in the reading of your results. Sometimes it can be useful to have someone with you to help you to fill out the diary sheet. Please bring the diary sheet with you each time you return to the department.

You should continue to take your regular medications, such as tablets. You will be given a large case (about the size of a briefcase) to take home that contains the camera and tripod. Full instructions and a demonstration of the equipment will be given to you at your appointment.

It is important that the video camera is set up in the room you are spending the most time in, for example in the bedroom when sleeping, dining room when eating or living room when resting. The camera should not be taken out of a home environment i.e. to work or a public place.

The camera should not be taken into the bathroom. When undressing, please ensure that you are off camera.

The EEG and the video recording equipment are expensive and delicate so you must avoid getting it wet or damaged. Keep the recorder in the pouch attached to you at all times, and ensure the video recording equipment is kept in a stable and safe position.

Do not remove the recorder from your person and place it under your pillow when sleeping, due to the slight risk of the electrode cables wrapping around your neck, or the recorder falling out of bed and pulling the wires from your scalp.

You will be required to attend the department, as shown on your appointment letter, in order for us to download the EEG and video data onto the main computer and to check the recording electrodes.

Important: If there are any problems with the recording equipment or if any of the electrodes become loose or fall off, please call the department on:

0121 371 6420 between **08:30–16:30 (Monday–Friday)** and speak to a physiologist for advice. You may be asked to return to the hospital earlier than your next planned appointment to sort out any possible problems.

Things you must not do during the recording period

We ask that you do not chew gum during the recording as this can interfere with the quality of the recording. You will not be able to have a shower, bath or wash your hair whilst you are attached to the electrodes and the recording equipment. You will only be able to wash yourself with a flannel or sponge. You may wish to use wipes to clean yourself. You may wash your face, avoiding any electrodes on the forehead or sides of the face.

Information for Patients

Please remain on camera as much as possible, though make sure you are off camera when undressing or washing

Removing the recording equipment

You must attend at an agreed time to return the recording equipment to the hospital and to have electrodes removed appropriately. The discs are removed using acetone (like nail varnish remover). Some glue will remain in your hair but can be washed off at home and brushing your hair will also help remove the glue. The electrodes may leave small pressure mark or sore areas on your scalp.

You must not remove the recording equipment or the electrodes yourself.

After the recording

The physiologist will not be able to give you the results immediately after the electrodes are removed. The EEG will be looked at by the physiologist and reported by the Consultant Clinical Neurophysiologist. The results will be sent back to the doctor/consultant that referred you.

Further information

Please feel free to contact the department if there is any information you do not understand. If your appointment is not convenient, please phone as soon as possible to rearrange it.

Clinical Neurophysiology Department

Telephone: 0121 371 6420

Monday–Friday: 08:00 – 16:30

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk