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VIDEO-EEG MONITORING UNIT

Information for patients undergoing continuous video EEG monitoring and Multiple Sleep Latency Test –MSLT

Unit location and hours of opening

The video EEG monitoring (VEM) unit is situated on the Neurology ward. This specially built room enables continuous EEG and video monitoring, day and night. Because of the prolonged nature of the test we are more likely to observe abnormalities on the EEG and document some of your attacks on video and EEG.

Your admission will be for 2 days.

What Video-EEG Monitoring involves

Video EEG monitoring involves the continuous recording of your brainwaves (EEG) with simultaneous video recording. This will be familiar to you from previous EEG tests, except on this occasion, the electrodes will be attached to your head more securely and for a longer period.

The range of the camera is limited to the confines of your room. Hence, at all times you should remain in the room (except for use of the washing and toilet facilities). This will mean that visits to the hospital shops etc are not practical.

During your stay nursing staff, EEG technicians and doctors will assess you.

The VEM unit is furnished with a comfortable chair and a TV unit. The room also has ensuite with a shower for use at the beginning and end of your stay.

Visitors are welcomed on the unit between the hours of 3-7pm. However, we ask you not to have visitors between 9am and 5pm on the second day of your stay to ensure that the sleeping cycle is not interrupted. Visitors at other times are at the discretion of the nursing staff.

Preparation

We suggest that you bring with you books, magazines, games, videos etc. to keep you occupied. You may wish to bring your own personal radio, CDs etc. but we will not be responsible for their security.

ALL PATIENTS: Please arrive with clean and dry hair and scalp. Refrain from use of hair products such as hairspray, gel, oil, or mousse.

You should bring comfortable clothes to wear during the daytime (you may find tops with buttons down the front easier for changing once the discs are in place), nightclothes and personal toiletries.

About your test

MSLT is an investigation for excessive daytime sleepiness

The test consists of a series of five, twenty-minute sleep periods scheduled two hours apart. The patient is given five opportunities to sleep between 9am and 5pm. The interval from the start of the sleep period to the first sign of sleep is measured for each sleep. The length of each interval is used to determine the extent of your daytime sleepiness.

You will be admitted to the monitoring unit on ward C4 for 2 days. The test consists of:

1. Overnight sleep recording
2. MSLT

Procedure

Shortly after your arrival, scalp electrodes will be applied to the head with special glue. These are used to record brain waves. Electrodes are taped near the eyes to record eye movements. Muscle tone is recorded from the chin and possibly from the legs or shoulders and the heartbeat is also monitored.

It is important that you have a good night's sleep whilst in hospital. To assist in this, it is recommended that you wear comfortable, button up loose clothing. It will be difficult to remove tight fitting tops once the electrodes are applied as they will be taped to your clothes. From 10pm you should not have any drinks containing caffeine, e.g. coffee, tea, Coca-Cola etc.

On the second day of your stay we will be doing a special test during which we will give you five opportunities to go to sleep, starting at 9am and at 2 hourly intervals thereafter. It is important that you remain awake between each sleeping period. The sleep period will begin with a verbal "Good Night".

After the final sleep period the electrodes and glue are removed from the patient's head. Any remaining glue residue will wash out after several shampoos.

There are no side effects from the test. A Consultant Neurophysiologist will review your data and a formal report will be sent to the referring physician as soon as it is available. Your physician will go over those results with you and determine a course of follow-up care.

Mobile phones

Use of mobile phones is not permitted in the hospital. There is a Patient Line Bedside Entertainment System which will enable you to make outgoing and receive incoming calls. You will require cash to pay for this service.

Your medication

Please bring with you any medicines that you are taking at the time of admission, ensuring you have enough to continue with during your hospital stay and when you are discharged home. Administration of medication is undertaken by nursing staff whilst you remain in hospital; please ensure you hand all your medication to the nurse. Your medication will be returned to you prior to discharge. Your GP will then renew your repeat prescription as normal. Any newly started medication will be supplied by the hospital pharmacy at the time of discharge.

No smoking policy and nicotine replacement patches

In line with hospital policy and for the comfort and safety of all patients, the unit is a Non-smoking area and is fitted with an automatic smoke alarm system. If you feel you will need nicotine replacement patches, these can be purchased prior to admission or from the hospital pharmacy. If this is a problem please speak to the doctor or pharmacist on the ward as soon as you are admitted.

Car parking

You can leave your car on site in the 6 storey car park for the duration of your stay. To arrange a cheaper parking fee of £6 for the first 48 hours (and £3 / 24 hours thereafter) please visit the car park office on the ground floor of this car park.

Directions to Ward C4 Neurology

From the concourse go up the stairs/lift and follow the signs to all departments. Continue along the corridor, passing Pharmacy and X-ray until you reach B block lifts. Take a lift to the fourth floor (B4). Turn left out of the lifts and proceed along C block corridor. Turn right at the end. This takes you directly to ward C4.