

Paediatric Videotelemetry (VT)

Your child's consultant would like your child to have a videotelemetry recording. We hope that the following information will help with any questions you may have.

What is a videotelemetry recording?

This is a continuous EEG recording usually undertaken over a few days in order for us to record some of your child's typical episodes. Your child will also be recorded by a video camera throughout.

Your child may have had a routine EEG before. An EEG is a diagnostic test which records the natural electrical activity of the brain. Our brain cells communicate by producing tiny electrical impulses and the EEG recording is used to look for changes in this normal activity which can help with diagnosis and treatment of many disorders which involve the brain.

For your child's VT they will be admitted to Bramble ward, either in a single room or in one of the bays.

If your child is having fewer than two episodes a week, please ring the Neurophysiology Department to discuss this as it may not be worthwhile to do a videotelemetry test at this time.

How do I prepare my child for the test?

- You will receive a letter from the hospital with all the details of the admission including date, time and directions.
- Your child will normally be admitted for around 24hrs-48hrs; this will depend on how quickly we record their episodes.

- Please continue giving any medication your child takes, as normal.
- Boredom can be a problem. There will be a TV at your bed space, there is free Wi-Fi and the ward has a selection of toys, however you may want to bring some of your child's favourite toys/books or games to keep them occupied.
- Please dress your child in comfortable clothing/nightwear that can be undone and changed easily such as button-up pyjamas or shirts for daytime.
- Please make sure your child has clean hair and avoid using hair sprays/gels etc. on the day of the test.

What happens during the test?

- **Please ring the ward before you leave home on the morning of the test, to make sure there is still a bed available. Bramble ward telephone number is 01392 402679.**
- Once a bed is confirmed, please go directly to Bramble ward first, to be admitted.
- The ward will let you know when to come to up to Neurophysiology for the test to be set up.
- We will need to obtain written consent from you for the video recording. We do not keep your entire video recording after the test because the file is too big; instead we keep parts of the video with your EEG recording (such as those showing your typical episodes).
- Your child will have 23 small discs (electrodes) applied to their head using paste.

- The electrodes will then be more firmly fixed using special skin glue called 'Collodion'. This does not hurt but the glue has a strong odour until it is dry. We do not need to cut or shave the hair.
- These electrodes are attached to a small box which will be on a belt/shoulder strap and connects to a computer by a long cable. Feel free to bring a favourite back pack to put the box into.
- Once set up you will return to Bramble ward with the Scientist. Your child will need to remain in the bed space area for the majority of the recording so they remain visible on the video, but will be able to visit the toilet freely.

How many episodes does my child need to have?

It all depends on the nature of your episodes and what we see on the EEG. We normally aim to record two or more typical episodes.

How will the results of this test assist my child's consultant?

Recording some typical episodes should give the doctor more information about the nature of the episodes and help with how best to treat them. If we do not manage to record any episodes during the test, don't worry, as we may still get useful information from the EEG recording.

Risks and Side-effects

- There is a small chance that, during an episode, your child may fall and this could result in an injury, but this risk is no different than the risk in your own home.
- Your child may develop small sore areas on the skin where the electrodes are applied; this becomes more likely during longer recordings.
- The Healthcare scientist will talk to you about minimising the risk of your child becoming

entangled in the electrode wires during the test (this is more likely to happen when they are asleep or during an episode).

What are the consequences of not having videotelemetry?

An EEG is a well-established method of helping doctors to diagnose and treat a wide range of medical conditions. Your child's doctor would not have as complete a picture as required and hence your child's diagnosis may take longer and/or your child's treatment may not be the most appropriate.

What happens after the test?

- Once we have enough information, the electrodes will be removed using a special solution, which dissolves the glue.
- This leaves the hair feeling greasy but it does wash out.
- We will send the results back to your child's consultant; this can take up to 6-8 weeks as there is a lot of information to look through after several days recording.

Contacting Us

Staff in the department will be happy to answer any query you may have and will do their best to ensure your comfort.

If you are currently having fewer than two episodes an week please ring us on the number below as soon as possible.

Please let us know if you are unable to attend your appointment by ringing the telephone number below.

If you have any questions or concerns about the test please ring the **Neurophysiology Department** on **01392 402458**.

We welcome feedback about our service. Please tell a member of staff if you felt this service is good or otherwise.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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