

## Patient information factsheet

# Home video telemetry (HVT)

We have given you this factsheet because you have been referred for home video telemetry (HVT). It explains what HVT is, what the test involves and how to perform it safely at home. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

### What is home video telemetry (HVT)?

An electroencephalogram (EEG) is a test that records the electrical patterns of the brain (brain activity).

HVT is similar to an EEG test, but with the addition of a video recording. It also records over a much longer period of time (up to five days) from the comfort of your own home.

### Why do I need this test?

HVT can be used to diagnose and monitor seizure disorders, sleep disorders, movement disorders, development and changes in behaviour. These are commonly known as 'events'.

HVT also allows us to monitor your brainwaves and video for a longer period of time compared with a routine EEG in our department. This increases the chance of us capturing some of your typical events on video. We can then compare the video with your brain activity during these events.

### Are there any risks or side effects?

There are no known side effects of HVT. However, the glue we use to attach the electrodes to your head may cause some mild skin irritation.

### How long will the test take?

HVT can take up to five days (day and night).

### Who will carry out the test?

The test will be carried out by specially trained health professionals called neurophysiologists.

### How should I prepare for the test?

For this test, you will need to come to our department three times.

Before you attend your first appointment, you should:

- continue to take your usual medication
- wash your hair (do not then use any hair products, such as gel and hairspray)
- remove any hair weaves or extensions
- wear loose, comfortable clothing that can be fastened at the front, such as a shirt or a zip up jumper (this will make dressing and undressing easier)
- not wear contact lenses to your **first and third appointment**

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We also recommend bringing someone with you to your first appointment and having them stay with you for the duration of the test. They will then be able to help you set up the equipment, look after you if you have an event, and make sure you are always visible on the camcorder.

We see both children and adults in the neurophysiology department and there is a shared waiting room.

## What will happen during the test?

### First appointment

During your first appointment, we will explain the test to you in more detail and answer any questions you may have. If you are happy to go ahead, we will ask you to sign a consent form. This form states that you understand what the test involves and that you agree to have it. We will also ask you to sign a consent form taking responsibility for the equipment at home and bringing it back to our department afterwards. This includes travelling to and from your home, and the time it stays in your home.

We will then attach some electrodes (small sensors) to your head using special glue. This will not hurt. The electrodes will be connected to a small recorder, which will record your brain activity. This can be stored in a waist bag or rucksack. The setup will take around 90 minutes.

We will then give you a suitcase containing all the HVT equipment you will need, including:

- a camcorder and camcorder stand
- batteries
- a record chart
- written instructions on how to set the equipment up at home

We will show you how to use the camcorder and how to set it up at home. You will then be able to go home.

Please make sure that you are in view of the camcorder the whole time while you are recording (with the exception of going to the bathroom).

If you feel an event coming, it is very important that you press the 'event' button on the machine (we will show you where this is during your first appointment). We recommend that someone stays with you for the duration of the test. They will be able to press the event button for you if you are unable to do so yourself. You will also need to fill out a new row on your record chart each time an event occurs, detailing what happened before, during and after the event.

We will call you each day of the test to see if you have had any events and explain how to change the EEG headbox recorder batteries.

### Second appointment

We will invite you back in for a second appointment halfway through the test (usually on a Wednesday), so we can check the electrodes and download the data. We will also check the leads and make any adjustments if necessary. Please bring the video equipment with you to this appointment. You will then be able to go home.

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## Third appointment (end of the test)

At the end of the test, we will invite you back in for a final appointment, so we can remove the electrodes and most of the glue (we will use acetone and soft pads to remove the glue). Any residual glue can be removed at home with regular hair washes and gentle combing.

Please bring all the HVT equipment and your completed record sheet with you to this appointment.

## Points to consider during the test

You **should not**:

- get the equipment wet (you will not be able to shower or have a bath for the duration of the test)
- do any vigorous exercise (this can damage the recorder)
- brush or comb your hair (this may dislodge the electrodes)
- chew gum
- leave your house for the duration of the test (except to come into hospital)

You **should**:

- behave as naturally as possible (but remember we will be able to see everything you do on the video recording)
- stay in one room as much as possible during the day (with short bathroom breaks)
- position the camcorder to achieve the best view of yourself (day and night)
- move the camcorder to your bedroom when you go to sleep
- make sure you plug the camcorder into a mains power socket when you move rooms
- make sure anyone who enters your home is aware they may be recorded (picture and sound)

For more information on what you can and can't do during the test, please read the information on the back of the record chart.

## When will I receive my results?

The results from the EEG recording and video will be reviewed and analysed by a physiologist and consultant neurophysiologist. They will then write up a report based on their findings and send this to the doctor who referred you for this test. Your doctor will then contact you by telephone or by post, or arrange an outpatient appointment to discuss your results.

## Contact us

If you have any questions or concerns, or if the appointment is not convenient for you, please contact us.

Clinical neurophysiology department  
Wessex Neurological Centre  
B level  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

Telephone: **023 8120 6785** (8am to 4.30pm, or please leave a message on the answer machine)

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