

## DEPARTMENTAL PROTOCOL FOR PERFORMING HYPERVENTILATION

The procedure is performed for 3 minutes (except in exceptional cases).

The patient is asked to breathe **in** and **out** as deeply as possible, often requiring a demonstration and encouragement during the procedure.

Emphasis is placed on forced **expiration** rather than on maintaining a high respiration rate, as the EEG changes are evoked by the fall in arterial carbon dioxide.

Procedure may be lengthened up to four minutes when investigating absence seizures in children.

A resting period (post-HV) of approximately two minute is given after cessation.

### **Contraindications to this procedure include:**

- I. Patients who do not understand the instructions
- II. Patients with known raised intracranial pressure
- III. Patients with a heart condition
- IV. Patients with severe chest problems
- V. Patients who appear too frail to perform the procedure
- VI. Patients who refuse the procedure after having the possible effects explained to them.