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## Electroencephalogram (EEG) Information

### Patient Instructions

- Please arrive 15 minutes prior to your scheduled appointment
- Wash your hair the evening before or day of the test
- Do not use any oil, spray, or conditioner on your hair before this test
- Avoid food and beverages that contain caffeine at least 8 hours before the test
- If you are sleep-deprived or have taken a sleep medication, have someone drive you to and from your appointment
- HMO patients are required to have a referral from their primary care physician
- **DO NOT** stop taking prescription medication(s), unless otherwise instructed
- Please give 24-hour notice if you are unable to keep your appointment to avoid any potential charges
- You might bring a scarf or cap since the EEG cream that is used has to be shampooed out of your hair

If you are having a sleep deprived EEG, please reduce your sleep time the night before as follows:

- For an 8 or 9 am EEG - sleep from 10 pm - 2 am
- For a 10 or 11 am EEG - sleep from 11 pm - 3 am
- For an EEG at noon or after - sleep from midnight - 4 am

If you are unable to follow any of the directions above i.e., sleep deprived or had caffeine, please keep your appointment and inform the technician when you arrive. Adjustments will be made to perform the EEG as scheduled.

### What is an EEG?

An EEG is used to detect problems in the electrical activity of the brain. Brain cells communicate with each other by producing tiny electrical impulses.

### Why am I being sent for an EEG?

An EEG is used to help diagnose seizures and other related neurological conditions such as the following: sleep disorders, periods of unconsciousness, headaches, dizzy spells, fainting spells (syncope/blackouts), head injuries, brain tumors and infections, transient ischemic attack (TIA), abnormal changes in body and brain chemistry, strokes, and degenerative diseases such as Alzheimer's disease.

### How will the test be performed?

The test is performed by our board certified, registered electroencephalographic technologist (R. EEG T.) Before the test, the technologist will apply 16-25 flat metal disks (electrodes) on your scalp in different positions. The disks are held in place with a sticky paste. The electrodes are connected by wires to an amplifier and a recording machine that will transmit the brain activity to a computer screen. This information will help the doctor formulate an EEG report. The test is performed while you are in a reclining chair. The test may include hyperventilation (breathing deeply and rapidly) for 3 to 5 minutes and/or looking at a bright, flashing light. Once the test is over, you may return to your normal daily activities.

### How will the test feel?

This test causes no discomfort or side effects. Although having electrodes pasted onto your skin may feel strange, the electrodes only record brain activity and do not produce any sensation.

### When will I know the results?

The EEG results are usually completed within 5 to 7 business days. You will be contacted at that time and a copy will be sent to the referring physician.