



Patient Information: The Routine Electroencephalogram (EEG)

Welcome! Your doctor has requested that a test be performed called an electroencephalogram (EEG). During this test, small electrodes will be placed on your scalp that will be used to detect electrical activity from your brain. This information will be stored in a computer for analysis. The test typically takes approximately 1 hour to complete. The procedure is entirely safe and painless.

The following is a brief outline detailing the various aspects of this test. Please review this information. Feel free to call our office if you have any questions that arise.

Our office will coordinate the date and time of your test. Please arrive at the office at the designated time. The EEG technologist will then begin the electrode application process. This procedure is typically performed in an examination room. A sticky paste is used to attach the electrodes to your scalp. A gauze wrap around your head will be used to help hold the electrodes in place. Your brain's electrical activity will be recorded for a period of approximately 30 to 45 minutes. During this time you will be asked to remain on the stretcher or reclining chair. Sleeping is encouraged!!

At some point in the test you may be asked to hyperventilate (breath heavy) for a period of approximately 5 minutes. Another procedure called photic stimulation may also be performed. During this test a strobe light is flashed for several seconds. Both the hyperventilation and photic stimulation tests are used to provoke electrical activity that may not otherwise be observed. Your doctor will specify to the technologists if these additional procedures will be necessary.

When the test is completed the technologist will disconnect the electrodes. Removal of the electrodes from your scalp is an easy process and only takes several minutes. The paste used on your head will wash out with shampoo and warm water. You may want to bring a comb or brush with you to use at this time. Some patients bring a hat or scarf with them to wear home until they are able to take a shower.

Your EEG study will then be read by a physician who has specialized training in the field of neurophysiology. This doctor will read your EEG study and notify your referring physician of the results.

Preparing for your EEG test

Prior to the EEG test you should:

- 1) Wash your hair the night before using only shampoo and water. Do not use styling aids such as hair gels, mousse, hairspray or oils of any kind. These products can interfere with the electrodes and limit the usefulness of the test.

- 2) Eat normally and take your regularly scheduled medications as prescribed unless directed otherwise by the physician.
- 3) If sedation such as chloral hydrate is required for electrode application, DO NOT give your child anything to eat or drink for 5 hours before admitting time (except medication).
- 4) A parent or grandparent should stay with the child at all times.
- 5) If you do not speak English, it may be helpful to bring someone with you to assist in translation.

We hope you found this overview of the electroencephalogram (EEG) test helpful. Our goal is to obtain very valuable information that will aid in the treatment of your condition in a safe and comfortable environment. If you have any questions or concerns regarding this test please call our office at any time.

The Northeast Regional Epilepsy team members.