

EEG (Electroencephalogram)

An EEG is a test that records the electrical activity of the brain. The test may be done to check for:

- Seizures
- Confusion or changes in behavior
- Head injury or disease
- Changes in level of unconsciousness

Arrive on time for your test. Plan on being here about 2 hours.

To Prepare

- The night before your test:
 - Sleep as much as you want.
 - Sleep only half the amount of time that you sleep other nights. For example, if you sleep 8 hours a night, sleep 4 hours the night before your test.
 - Do not sleep.
- Avoid caffeine drinks such as coffee, tea and soft drinks after midnight before the test.
- Wash your hair before the test. Do not use oils, sprays and lotions.

During the Test

- Small pads called electrodes are put on your scalp with paste. The pads read the electrical activity of your brain and send it to a machine. You will feel no pain.
- During the test you may:
 - ▶ Be asked to breathe deep and fast through your mouth
 - ▶ Be shown a flashing light for a short time
 - ▶ Sleep

After the Test

- The pads and paste are taken off your scalp. You can wash your hair at home with shampoo to remove the rest of the paste.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.