



ELECTROENCEPHALOGRAM (EEG) TESTING INFORMATION:

Electroencephalogram, or EEG, is a neurological test that uses an electric monitoring device to measure and record electrical activity of the brain.

HOW AN EEG IS PERFORMED: Before the EEG procedure begins, the EEG technician will attach approximately 24-26 electrodes to the patient's scalp with a conductive, washable gel. The EEG electrodes are painless and are used to measure the electrical activity in various regions of the brain.

During the EEG testing period, the patient can lie in a bed, or a comfortable chair and is asked to relax and remain still. An EEG test usually takes up to 60 minutes from start to finish. During the procedure, the patient may be asked to breathe slowly or quickly. Visual stimuli such as flashing lights or patterned board may be used to stimulate certain types of brain activity. Throughout the procedure, the electroencephalograph machine makes a continuous graphic record of the patient's brain activity, or brain waves, on a long strip of recording paper or on a computer screen. This graphic record is called an electroencephalogram.

PATIENT PREPERATION: Patients will need to avoid foods and beverages that contain caffeine (which is a central nervous system stimulant), such as coffee, tea, chocolate etc. for 24 hours prior to testing. The treating physician will clear such requests, as necessary. Patients should also arrive to their testing with clean hair, free of sprays and other styling products. Please do not smoke for 2 hours before the test. There are no other limitations for eating and drinking. Please take medications as normal except for stimulants.

CHILDREN AND INFANTS: If an infant is still using a bottle/pacifier or if the child has a favorite toy, it is recommended to bring the item along as it may reassure the child and assist in better cooperation.

SLEEP DEPRIVED INSTRUCTIONS: EEG Patients will need to be sleep deprived before taking the EEG test. It is highly recommended that the patient goes to bed at 12:00am, the night before the EEG test, and wakes up at 3:00am in the morning, the day of the test. Children under the age of 6 years may sleep until 4:00am.