

## Patient Information

### EEG

#### EEG (Electroencephalogram)

##### ***WHAT IS AN EEG?***

An EEG (electroencephalogram) is a computer recording of the electrical activity of the brain. An EEG is a painless test, which does not involve needles and takes about one hour to do. Your doctor has ordered this test to help with diagnosis and treatment.

#### Patient Preparation

We ask that you wash and dry your hair on the day of the test. Shampoo and conditioner may be used but gel, mousse, hairspray or hair oil should be avoided as they interfere with the recording. Medications can be taken as usual, unless otherwise stated by your doctor. You do not have to fast, you may eat and drink as normal.

#### The Testing Procedure

On arrival at the office, you will be taken into the EEG room. You will sit in a chair or lie down on a table while an EEG technologist measures your head for placement. Small metal discs, called electrodes, will then have a special gel applied to them and be placed on the places marked by the technologist. For the test, you will be asked to lie on a comfortable chair and to relax. During the test you will first be asked to open and close your eyes several times. Then the EEG technologist will ask you to close your eyes. The EEG technologist may also ask you to do some deep breathing for three minutes and to watch a flashing light. Overall, the test takes about 1 hour to perform. The EEG technologist will not be able to give you the results as the test must be interpreted by a Neurologist.