

## Pre-Test Instructions for EEG

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

An EEG is short for electroencephalogram, and is a computer recording of the electrical activity of the brain. It is a painless test that does not involve needles or electric shocks. In total, it takes about an hour to an hour and a half to complete. You were ordered an EEG in order to help the doctor with your diagnosis and treatment.

### ***PATIENT PREPARATION – YOU MUST FOLLOW THESE INSTRUCTIONS:***

Please follow these instructions to prepare for the procedure:

- Come to the office with your hair **washed and completely dried**.
- **Do NOT** use gel, mousse, hairspray, oil, or any other types of product on your head.
- Medication can be taken as usual, unless otherwise noted by the doctor.
- You do not have to fast; you may eat and drink as normal.

### ***WHAT TO EXPECT: THE TESTING PROCEDURE***

The EEG will be carried out in a small and darkened room. You will be asked to sit in a reclining armchair. First, the EEG technician will measure your head with a soft measuring tape and wax pencil. Temporary markings will be made. Next, these specific spots will be cleaned with a q-tip and cleanser (much like a soft facial scrub). Finally, electrodes will be placed on these spots using a special paste.

After this described set-up, the actual recording will begin. You will be asked to lie back, and the lights will be turned off. During the test, as the EEG technician records your brain waves, you will be asked to open and close your eyes several times. Depending on your medical situation, you may be asked to do a breathing exercise involving hyperventilation. Another procedure that you'll be asked to do is sit in front of a bright, flashing light. Last of all, you may be asked to drift into sleep.

The entire procedure takes about 1 hour to complete. At the end, the EEG technician will not be able to give you the results as the test must be officially interpreted by a Neurologist.

Please call if you have any questions regarding medications or the test in general. Your cooperation in following these instructions is greatly appreciated and will aid your physician in the diagnosis of your problem.

**If it is necessary to cancel or change your appointment, please call at least 24 hours in advance. Failure to cancel your appointment with at least 24 hours notice or failure to show up to your appointment on time will result in a \$75 fee charged to you.**