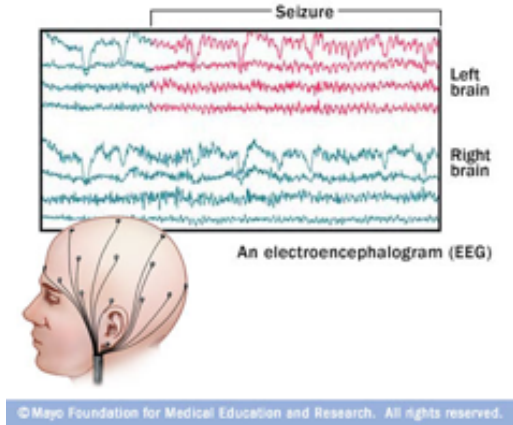


EEG – Adult (16 years and older) (Electroencephalogram)



Type, Preparation and Duration: (Follow the instructions checked off)

Routine EEG 75 minutes

- No preparation required

Sleep deprived EEG – 7 AM Appointment 90 minutes

- Choose **one** of the following: (the goal is to only have 3 hours of sleep prior to the appointment time)
 1. Go to bed at 11:00 pm and wake up at 2:00 am and stay up until the test time at 7 am

Or

2. Go to bed at 3:00 am and wake up at 6:00 am and report for test at 7:00am.

Sleep deprived EEG – 9 AM Appointment 90 minutes

- Choose **one** of the following: (the goal is to only have 3 hours of sleep prior to the appointment time)
 1. Go to bed at 1:00 am and wake up at 4:00 am and stay up until the test time at 9 am

Or

2. Go to bed at 5:00 am and wake up at 8:00 am and report for test at 9:00 am

Before any of the above mentioned appointment, wash your hair with shampoo. You may use an oil free conditioner. Please do not add any other type of hair product.

Eat a light meal before the test and take any prescribed medication unless otherwise instructed by your physician.

No caffeine or pop for 12 hours prior to the test and no alcohol for 24 hours prior to the test. Bring a list of all medications you are taking.

What is an EEG?

The EEG is used to help diagnose the presence and type of seizure disorder, confusion, head injuries, brain tumors, infection, degenerative disease, and metabolic disturbances that affect the brain. It is also used to evaluate sleep disorders and to investigate periods of unconsciousness.

The brain cells communicate by producing tiny electrical impulses. In the EEG, electrodes are placed on the scalp over multiple areas of the brain to detect and record the electrical impulses within the brain. Certain abnormalities can be detected by observing the characteristic pattern of the recorded brain waves. This procedure does not “read the mind” or detect senility. The test is performed by an EEG Technologist.

What will happen during the EEG?

The technologist will apply between 16 and 22 flat metal discs (electrodes) in different positions on your scalp. The discs are held in place with a sticky paste.

The electrodes are connected by wires to an amplifier and the recording machine. The recording machine converts the electrical signals into a series of wavy lines, which are visible to the technologist on the monitor.

You will be asked to lie on your back on a stretcher. You will need to lie still with your eyes closed because movement can alter the results.

You will be asked to do certain things during the recording such as breathe deeply and rapidly for several minutes and look at a very bright flickering light. Nothing will be felt during the procedure. The procedure is very safe.

What will happen after the EEG?

You will have an opportunity to wash your hair after the test is completed.

You can resume normal activity after the test.

The EEG report will be sent to your physician. The results will be given to you by your physician.