

Plano Neurology, P.A.

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Instructions for an EEG appointment

EEG (Electroencephalogram) is a test that measures and records the electrical activities of the brain. The system records the electrical activities from the electrodes placed on the head on to a screen which show as waves. Seizures and such abnormal conditions can be discerned from these recordings.

Preparations before the test:

- Hair should be free of any conditioners, sprays, oils, creams, lotions or hair sheens
- Hair should be dry, so wash it the previous day
- No braids or hair pieces
- No hair extensions
- Do not eat or drink foods that have caffeine for 12 hours
- If you are taking sedatives, muscle relaxant, sleeping aids, or seizure medications, let the doctor know about them beforehand. Continue to take prescription medication unless instructed otherwise
- If you are asked not to sleep during previous night, plan on having someone to drive you to and from the doctor's office

Test Procedure:

The patient will be asked to sit on a chair or lie on the back on a table. The technician will measure and mark the spots on the scalp where the electrodes are to be placed. Then the technician will scrub these spots with a solution in order for proper contact with the electrodes. A water soluble cream is used to attach the electrodes to the patient's scalp. The technician will clean the cream at the end of the study. Still, you may want to bring cap or scarf.

During the test, the technician may ask the patient to breathe deeply and rapidly, look at bright and rapid strobe light, and may be asked to sleep.

The EEG study may take between 1 and 2 hours and sometimes longer. So, schedule your day accordingly.

The EEG study is painless, but some scalp irritation may be present for few hours. Some of the paste used to stick the electrodes may remain after the study. The paste is water soluble and will wash away.

Given below are some of the links to further information. You will also find these links in our website www.planoneurology.net.

<http://www.webmd.com/epilepsy/guide/electroencephalogram-eeeg>

<http://www.rush.edu/rumc/page-1295997529654.html>

http://www.hopkinsmedicine.org/healthlibrary/test_procedures/neurological/electroencephalogram_eeeg_92,P07655/