

Care Gram

Electroencephalogram (EEG) – Adult

Name of Test:

- Sleep-deprived EEG (please follow the general preparation and the special preparation)
- Routine EEG (please follow the general preparation)
- Extended EEG 41 – 60 minutes (please follow the general preparation)
- Extended EEG 61 – 119 minutes (please follow the general preparation)

Date of Test: _____ **Test Time:** 7:45 a.m. 9:15 a.m. 10:30 a.m. 1:30 p.m.

How the Test Works

An Electroencephalogram (EEG) tests the health and function of your brain. It records the electrical activity in the brain and nervous system. This can be seen on a computer screen and stored in a computer file. A technologist performs the test. A specialty-trained doctor called a neurologist reads the test. An EEG is a safe, easy, and painless test.

An EEG can help find out the cause of many problems such as:

- Epilepsy (seizure disorder)
- Cerebral palsy
- Brain injury
- Drug overdose
- Stroke
- Diabetes
- Sleep disorders
- Liver and kidney disease
- Brain death
- Encephalitis (infection in the brain)

An EEG can also review the effects of certain medications.

Allowing Time

The test usually takes 1 to 1 1/2 hours to complete connections to the equipment and to run the test.

General Preparation

- Eat regular meals on the day of the test **except:**
 - Food or drinks with large amounts of sugar
 - Food or drinks with caffeine (tea, coffee, soda, or chocolate)
- Wash and dry your hair completely before the test. Do not use gels, oils, or sprays.



**Licking Memorial
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- Continue taking your regular medications. Be sure the doctor knows which medications you are taking.

Special Preparation

Your doctor may want you to have an EEG done after you have stayed up the night before the test. This is called a Sleep-deprived EEG. Please follow the general preparation along with the following guidelines:

- Stay awake from Midnight the night before your test until the time of your test. Your test will be scheduled for 9:00 a.m., the next morning.

Registration

Please report directly to the Vascular Laboratory for your scheduled test. The Vascular Laboratory is located on the Licking Memorial Hospital First Floor. Enter through the Emergency Department and follow the signs to the Vascular Laboratory. Please use the computer screen in the waiting area to sign in for your appointment.

During an EEG

To complete your EEG, you must stay relaxed, quiet, and still during the test. This will produce a good EEG test.

- First, you will be asked about your medical history and recent symptoms.
- The test is done lying down or reclining.
- The technologist will measure your head and make small marks. The marks are washable.
- Electrodes (small metal discs) are placed on your head with paste. These electrodes sense the electrical activity in your brain.
- The electrical activity shows on a computer screen as a wave pattern. This is recorded for the doctor to review.
- You may be asked to breathe fast and deep for a few minutes during the test.
- A flashing light will be placed in front of your closed eyes. You may see different colors or patterns. This will only last a few minutes.
- The more relaxed you are, the more accurate the test will be.

After the Test

The electrodes and paste are removed, and your head is cleaned. You may drive yourself home and return to your normal activities the same day.

Finding Out the Results

The neurologist reviews the test. The results should be ready in 3 days. You will find out the results from the doctor who ordered the test. Please call your doctor's office if you have not received the results in 1 week.

Appointment Reminder

- If you have any questions about the test, please call (220) 564-4141. Ask for an EEG technologist.
- Report to the Vascular Laboratory on the Licking Memorial Hospital First Floor 15 minutes before your test.