

# 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)

**Date of Test:** \_\_\_\_\_ **Test Time:**  9:00 a.m.  10:30 a.m.  1:00 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. The test is performed by a technologist. The test is read by a specialty-trained doctor called a neurologist. 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 also can review the effects of certain medications.

### Allowing Time

The test usually takes 1 to 1½ 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 conditioners, gels, oils, or sprays.
- Continue taking your regular medications. Be sure the doctor knows which medications you are taking.



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, Ohio 43055  
(220) 564-4000 • [www.LMHealth.org](http://www.LMHealth.org)

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**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 at 9:00 a.m. the next morning.

**Registration**

Report directly to the testing area, located in the Women's Imaging Center. The Women's Imaging Center is located on the first floor of Licking Memorial Hospital past the main lobby. Follow the first hallway on your right. The Women's Imaging Center will be on your left.

**During an EEG**

In order 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 test is reviewed by the neurologist. 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 Women's Imaging Center on the 1st floor of the Hospital 15 minutes before your test.