

## **Neurology Associates of Norwalk**

### **EEG Information Sheet**

#### **What Is An EEG?**

An EEG or electroencephalogram is a test that measures the electrical activity of the brain, often referred to as brain waves. This test is performed to see how the different parts of your brain function. It records a graph of your brain waves which allows your doctor to see how your brain functions.

A technologist will place small metal disks with wires attached to them on different spots on your head to record your brain waves. Each spot will be cleaned with a special substance and the electrodes will be applied with a small amount of gel to hold them in place. You will be made comfortable by lying in a bed with eyes closed. The wires are then attached to a recording machine which will measure and record the electrical activity of your brain. You might also be asked to breathe quickly and deeply for a few minutes and look at a flashing strobe light also for a few minutes.

The test is totally painless and takes about one hour to complete. About 30 minutes of EEG recording is made and the other time is spent putting on the recording disks and taking off the disks. The areas where the disks have been placed will be cleaned by the technologist but it is generally recommended that you wash your hair at home after the test is performed.

If you are having a 24-hour ambulatory EEG, the electrodes are attached with a special paste designed to keep the electrodes in place for 24 hours. The head is usually wrapped in gauze to keep the electrodes from falling off. Special instructions about what to record and how to care for the equipment will be given to you before you go home. You will return the following day to have the electrodes removed.

There are no after effects from this test, and all normal activities can be resumed.

After the test is performed, a neurologist will read the test and send a report to your doctor.

#### **Why Has This Test Been Ordered?**

Your doctor has referred you for an EEG because of symptoms that you have. EEGs are useful in determining the cause of episodes of loss of consciousness, dizziness, problems with thinking and memory, and most commonly are used to determine whether the event that you had might have been a seizure.

#### **How Should I Prepare for This Test?**

There is no special preparation for this test except that your hair should be freshly shampooed with no hair spray, cream or oil on your scalp. Any barrettes, hairpins, etc. are removed record testing.

If you are having a 24-hour EEG, then wear a shirt that buttons down the front that does not have to be pulled over your head.