

## ***What is an Electrocephalogram (EEG)***

An ***electrocephalogram*** (EEG) is a test that measures and records the electrical activity of your brain. Special electrodes are attached to your head and hooked by wires to a computer. The computer records your brain's electrical activity on the screen or on paper as wavy lines. Certain condition, such as seizures, can be seen by the changes in the normal pattern of the brain's electrical activity. An EEG may be done in a hospital or in a doctor's office by an EEG technologist. The EEG record is read by a doctor who is specially trained to diagnose and treat disorders affecting the nervous system (neurologist).

## ***ELECTROENCEPHALOGRAM INSTRUCTIONS***

Electrodes are attached to the scalp. It is painless. Make sure to wash the head thoroughly the night before prior to the exam. Please **do not** use oils or grease on the hair. The hair will need to be washed again following the EEG exam.

Eat a good breakfast or lunch depending on the time of your exam. Do not eat or drink foods that have caffeine (such as coffee, tea, cola and chocolate) for 12 hours prior to the test.

**MEDICATIONS:** Continue all medications unless your doctor orders otherwise. Report any medications to the technologist at the time of your exam.

Drowsiness and sleep during the EEG Exam. Keeping the patient up most of the night may help achieve sleep during the test. Children 5 years and older should stay up until midnight, the night prior to the EEG exam, arising at 6 AM. Ages 4 and under should be put to bed an hour or two after their normal bedtime and be woken an hour or two before their normal waking time. Please do not let your child sleep on the car ride in or take any naps prior to the EEG exam.

Please bring a bottle, pacifier, blanket and/or favorite toy.

Children may be frightened about the test. Please explain that the procedure does not hurt. Wires will be carefully placed on the head to transmit the brain's electrical activity from the patient to the computer. A certain amount of cooperation and lack of movement will be required to obtain a technically good recording. Set up, testing and clean up will take about one hour.