

Hours of Operation

Monday–Thursday,
8 a.m.–5 p.m.

Friday,
8 a.m.–4 p.m.

Electroencephalogram (EEG)

About your study

Your doctor has recommended that you have a diagnostic study called an Electroencephalogram (EEG). This is a safe, accurate way for the doctor to evaluate the brain's activity. Images of this activity are displayed as electrical potentials that are amplified and recorded on a computer system. The doctor can measure frequency and amplitude of the signal and determine if any condition exists that needs to be treated.

Evaluating electrical activity

The Electroencephalogram is made up of electrical potentials gathered from various locations around the scalp. By placing several small electrodes or gel conductors at precise distances around the scalp, the brain's electrical impulses or activity can be picked up and compared with activity from any other location. Anything that presents as a disturbance to the brain can be seen and evaluated for severity by these electrical impulses. The results indicate whether there has been any evidence of interruption or other changes in the electrical activity of the brain.

Before your test: preparation

- On the morning of your test, wash your hair but do not use any hair products that consist of a petroleum-based agent because it interferes with the conduction of electrical impulses in the recording process and makes it difficult to acquire a quality response.
- Take your medications according to your regular schedule unless otherwise advised by the doctor.
- Eat your normal meals before the test. You may even eat up to the time of the study.
- Make a list of all medications (prescription and non-prescription) that you regularly take. Please be sure to bring this list with you when you come for your test.

On the day of your test

Wear comfortable clothes. Upon arrival you will be taken to the neurology laboratory where the test will be conducted.

The doctor or technologist will take a brief medical history, collect the list of your medications and ask you questions about the problem(s) you are having.

If you have any questions about the test, please do not hesitate to ask them at this time.

During the study

- You will be asked to have a seat in one of the chairs provided in the laboratory. The technologist will begin to measure your scalp using a tape measure and small chin marker. This insures that the electrode placement is accurate and gives the doctor the very best results.
- Once the proper distances between electrode sites are measured, the technologist will begin to clean each marked site with a cleansing solution and a cotton swab.
- Small disk shaped electrodes will be placed against the scalp and held in position by a small amount of conductive cream and a piece of gauze linen. This insures good contact to the scalp and enhances the recording.
- At this point you may be asked to move to one of the lab tables and will be made as comfortable as possible in a reclining position to help you relax during the recording. You will remain as still as possible during the recording portion of the test to help remove any excess noise from the EEG. Body movement made up of muscle activity can cover up or make it difficult to pick out the smaller brain activity. You are assisting in ensuring the accuracy of this test through your cooperation.
- The recording time runs about 20 minutes during which you are encouraged to close your eyes and relax.