



760-631-3000

Electroencephalogram (EEG) (Routine & Sleep Deprived EEG)

An EEG is a recording of the electrical activity produced by the brain. You will be asked to sit in a reclining chair or lie on an exam table. The technologist will take a brief medical history, measure your head, and will affix electrodes to your scalp with a water-soluble electrode crème. The recording will take approximately 35 minutes, during which you will be asked to sit or lie still with your eyes closed. You will be asked to perform a brief breathing exercise, and a flashing light will be flashed in your face several times while your eyes are closed. The procedure is painless. **Weaves, hair extension or wigs MUST be removed prior to the appointment**

Please allow an hour for the entire exam.

How to prepare for an EEG

Wash your hair thoroughly

- Your hair must be clean and free of oils, conditioners, gels, mousses, hairspray, etc. Please wash your hair in plenty of time to be assured that it will be dry at the time of testing. You may wash your hair the night before the exam.

Eat before being tested

- It is important that your blood sugar levels are stable; so please try to eat within two hours prior to the exam.

Take your normal medications

- Unless your doctor has instructed you otherwise, take all your medications as you usually do. The technologist will need to know what medications you are taking, so please make sure to bring in a list if you have trouble remembering the names.

Sleep Deprived EEG

- If this is checked, your physician has ordered a sleep-deprived EEG. Ideally, you should stay awake the entire night before the test.
- Avoid caffeine drinks (coffee, tea, colas, etc.) for 12 hours prior to test. Elderly patients and children may not be able to do this. Also, if your appointment is in the afternoon, and not in the morning, you may sleep for about 4 hours before midnight, and then please stay awake the rest of the night. Different people have differing abilities to do this, so do your best and do not sleep as much as possible before the exam.
- **IT IS HIGHLY RECOMMENDED THAT YOU ARRANGE FOR A DRIVER TO TAKE YOU TO AND FROM THE TEST.**

After the EEG

- When the EEG is completed, the technologist will wipe off excess paste and markings from your head. It is expected that there will be residual paste left in the hair that will easily come out with a shampoo at home. For those with lighter hair color (blonde or gray hair) there will be some color of the red pencil used to mark your head left on the hair, which will also easily come out with a shampoo.
- **It is advised to schedule additional time for you to re-wash your hair at home before resuming activities, such as work.**