



EEG INFORMATION

What is an EEG?

An EEG (electro-encephalography) is a painless and non-invasive method of recording electrical activity in the brain. The EEG test is used as part of the diagnostic work up of patients who may have a variety of neurological disorders. An EEG is one of the main diagnostic tests for epilepsy. An EEG may also help in diagnosing other brain disorders.

What happens when I have an EEG?

You will be asked to relax on a bed or a well-supported chair. A number of small recording discs will be placed on your scalp using gel. This process usually takes about 10 minutes and does not require shaving any hair. The recording will run for between 30 and 45 minutes. During that time you may be asked to hyperventilate (breathe fast) and at a different stage, a flashing light may be activated. There will also be a chance for you to rest and perhaps sleep.

At the end of the recording, the discs will be removed and you will be able to go home. We recommend that someone else drives you home. The entire process will take between 60 and 90 minutes.

The EEG results

The EEG will be reported by an EEG trained neurologist and the report sent to the doctor who referred you for the test.

What might occur when I have an EEG?

The flashing lights (photic stimulation), sleep deprivation and hyperventilation are designed to increase the detection of abnormal brain rhythms. Hyperventilation may make you feel lightheaded or dizzy. Hyperventilation is not routinely performed in patients who are pregnant, or have significant health problems such as heart or lung disease.

There is a small chance a patient may experience an event during an EEG. The technician performing the study is very experienced and will ensure the safety of the patient is paramount at all times. A neurologist will be available to assist if required.



Is there anything I need to do and is there anything I need to bring?

- Please bring a list of your medications.
- Please avoid caffeinated drinks before coming for the EEG.
- Please do not bring young children with you if you are having an EEG.

Sleep deprivation

You may be asked to be sleep deprived for your EEG. This increases the chance of finding relevant changes. If you have been asked to be sleep deprived, please go to bed 2 hours later than usual and wake 2 hours earlier than usual on the day of the test.