

ALABAMA NEUROLOGY AND SLEEP MEDICINE

EEG

Explanation of the test

This painless procedure is a test that measures the electrical activity of the brain (brainwaves). The test shows areas of the brain that are not functioning correctly either because of too little or too much electrical activity.

The pattern (brainwaves) produced by the brain is displayed on a computer screen and is used to check for seizures and other brain problems. The brain produces a different pattern awake, during drowsiness and during sleep. Thus, you will be asked to close your eyes and relax during the test so that you can fall asleep for a period of 10 to 15 minutes.

After measuring your head and marking the spots where the electrodes will be applied, the technologist will ask you to lie back in the recliner. These spots will be rubbed with a slightly gritty paste to remove oil. Then small metal discs (electrodes) will be attached to your scalp with non-allergenic electrode cream. These electrodes are connected by wires to the EEG machine. During the test you may be asked to breathe deeply and quickly through the mouth and watch a strobe light. At the conclusion of the test, the technologist will remove the cream from your scalp with alcohol wipes.

Preparation

- Hair must be CLEAN and DRY with no oils or sprays.
- Hair must be free of all hair extensions, weaves and braids.
- No caffeine 4 hours prior to the test.
- Bring a throw/blanket if you get cold easily.
- You may want to bring a comb/brush and or cap as you hair will not be as neat after the test.

General information

Total testing period is approximately 60 minutes, sometimes all day EEG's are ordered. If you are having a 6+ hour EEG (the scheduler will tell you), then you will need to bring food and/or snacks.

- You should continue to take your regular medications, unless told to do otherwise by your physician
- There is no radiation or (x-ray) involved with this test.
- Any further questions about how the test is performed should be asked of the technologist when you arrive for the test or you can call 205-345-3881.
- If you are unable to keep your appointment please call 205-345-3881.