

Department of Neurology

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Tel. 604-806-8650 Fax: 604-806-8624

Electroencephalogram (EEG)

What is an electroencephalogram?

Your brain produces tiny electrical signals or impulses. An electroencephalogram or EEG is a test that measures the electrical activity of your brain.

There are two types of EEG: Routine and Sleep-deprived. We ask you to try and sleep during the test. This can help us see certain brain activity.

An EEG can take up to 1 ½ hours to complete.

The results from your test are sent to your family doctor and the referring doctor.

How is the test done?

We ask you a few questions about your health and medical history.

We mark specific spots on your head using a washable crayon and clean each spot with special gel. We use water-soluble paste to attach small disks called electrodes to your head. The electrodes are connected by wires to a computer. The computer records your brain's electrical activity.

During the test, we might ask you to do any of these activities:

- Open and close your eyes
- Breathe faster and deeper than normal for a few minutes
- Watch a series of bright flashing lights
- Relax, rest quietly, and try to fall asleep

How to prepare for the test

For a Routine EEG

- Wash your hair either the night before or the morning of the test. Rinse your hair with clear water.
 - Do not put any hair products in your hair such as oils, sprays, conditioners, or gels.
 - Make sure your hair is completely dry before coming to the hospital.

- Take your medicines as you normally would.
- Bring a list of the medicines you are currently taking.
- Eat a small meal or snack before coming for the test.
- Wear loose comfortable clothes.
- You might want to bring a hat to cover your head after the test. (Your hair might be a bit sticky after the test.)
- If you do not speak or understand English well enough to have medical conversations, let us know when you call one week before the test. We will book a medical interpreter. You do not pay for this service.

For a Sleep-deprived EEG

Do everything to prepare for a Routine EEG, and also the following:

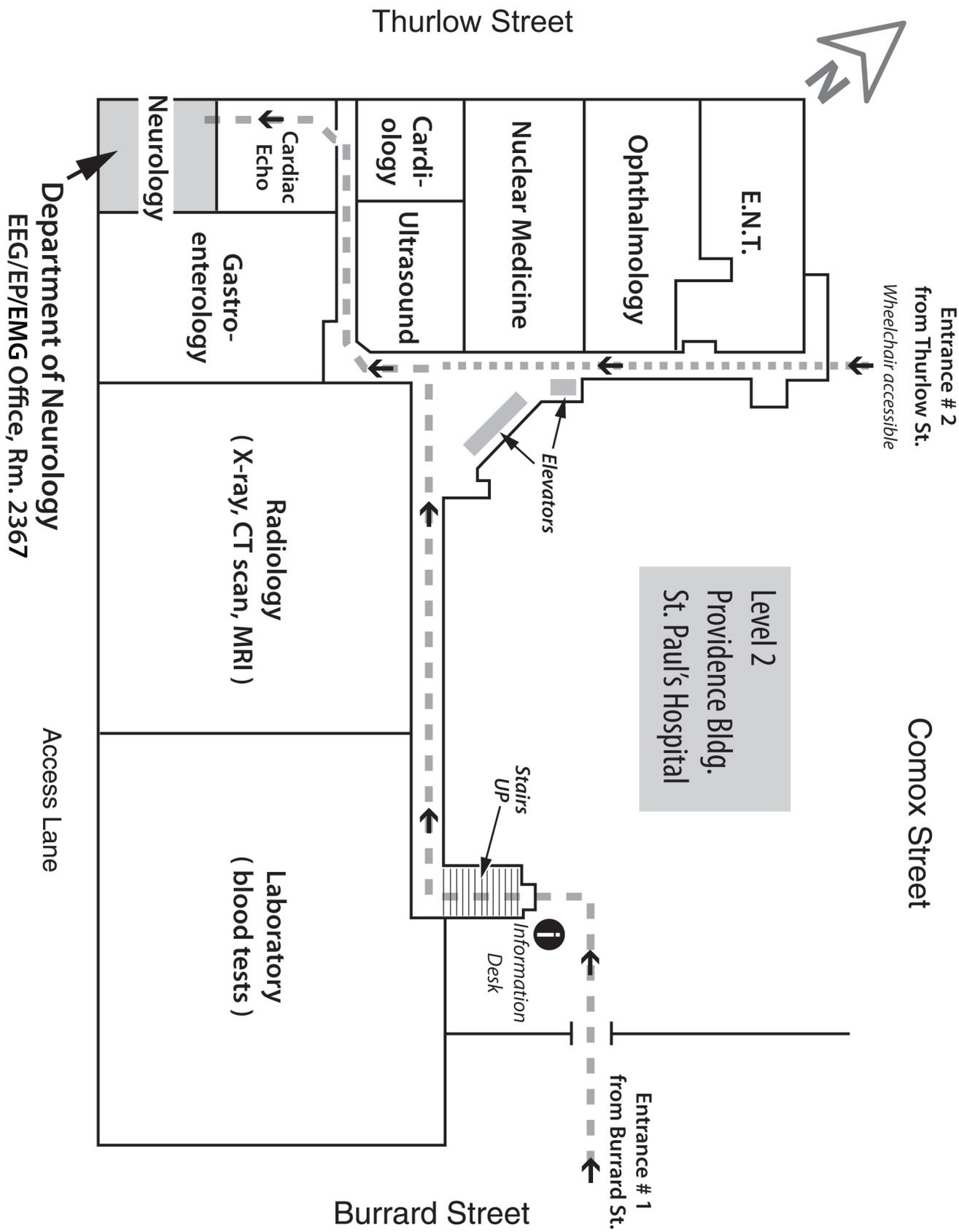
- Starting the afternoon before the test:
 - do not eat or drink anything with caffeine (such as coffee, tea, cola, or chocolate).
 - do not drink any alcohol.
- Sleep only for 4 hours the night before the test.

Appointment Date:

Time: _____ (a.m. / p.m.)

One week before your appointment, call 604-806-8650 to **confirm** your appointment.

If you do not call, your appointment will be cancelled.



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Access Lane