



## ***PATIENT INFORMATION***

# **What is an EEG?**

## **Clinical Neurophysiology**



### **What is an EEG?**

This is a recording of the electrical activity of the brain using electrodes placed on the head. It detects electrical brain activity and is usually done if you have blackouts or are having episodes of altered awareness. The test can support a diagnosis of epilepsy and guide treatment if required.

### **What should I do before the test?**

Before coming for the test please observe the following:

- Ensure you eat within 1-2 hours before the test.
- Keep your hair dry and free of oil, wax, or sprays
- Bring a list of all your current medication(s). Please do not stop your medications.
- Please bring a comb or brush with you.
- If you have head lice or any sort of head infection or allergy, please call us.
- If you have a language difficulty please inform us in advance.

## **What happens during the test?**

The test takes 60-90 minutes. The examiner will measure your head and make marks with a pencil. The electrodes will be placed at these points using a special paste. Electrodes will also be placed on your upper chest or hands. During the recording you may be asked to breathe heavily. This may produce changes in your brain wave activity that could help in diagnosis and is therefore useful part of the test. This may cause a mild headache or tingling around lips or fingers. This is normal and will pass off in 2-3 minutes. Please let the examiner know if you have hypertension, asthma or heart ailments, or if you have recently had a head injury.

## **What else happens during the test?**

You may be asked to look at a bright flashing light with your eyes open and closed for few seconds at a time (photic stimulation). The frequency of flashing light will vary. This is an important part of the test if your symptoms are brought on by flashing lights. Please let the examiner know if you have any difficulty with flashing light.

## **What other things may happens during the test?**

A video recording is sometimes done as part of the test. This is helpful in making the diagnosis of your condition. You will be asked to sign a form to indicate your consent for the video recording.

A recording during sleep can sometimes be helpful; therefore if you feel drowsy during the recording, you may be allowed to drift off to sleep for a few minutes.

## **What happens after the recording?**

All the electrodes will be removed with warm water but your hair may be sticky for some time afterwards. You may need to wash your hair again to remove the paste. Please bring a comb or brush with you to tidy your hair after the test. You will be able to perform your normal daily activities after the test.

## **Are there any side effects of the test?**

There is a small risk of skin redness or soreness from the electrodes. Very rarely deep breathing or the bright lights may provoke your symptoms. You will be able to discuss any concerns before your test.

## **Are there any alternatives to the EEG?**

There is usually no alternative test.

## **When will I get the result?**

The result of the test will be sent to your referring doctor usually within 2 weeks. The consultant will discuss the report with you.

## How to contact us?

You could contact us on ☎ (01803) 656336 on Monday – Friday between 9am to 4pm.

***If for any reason you are unable to keep this appointment please call us so that alternative arrangements can be made.***

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