

# Having an EEG

Jim Pattison Outpatient Care and Surgery Centre

**Please report to the Neurology Department,  
Level 3, Reception 3G.**

**\*\* Please arrive 15 minutes early \*\***

Your appointment will take about 2 hours.

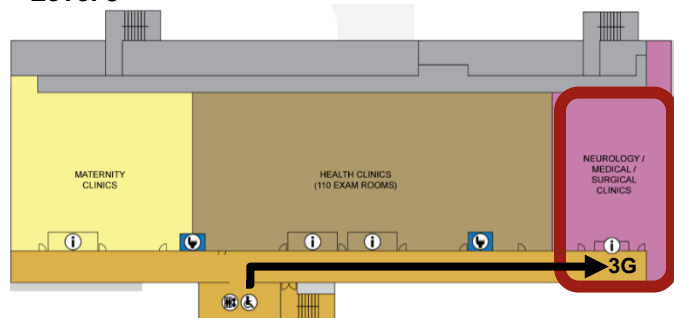
Make sure you pay for enough time  
on the parking meter.

Jim Pattison Outpatient Care and Surgery Centre  
9750 140<sup>th</sup> Street, Surrey

**Entry Level 1**



**Level 3**



If you need to reschedule or cancel,  
please call us as soon as possible.

604-582-4561 extension #763705

## What is an EEG?

EEG stands for electroencephalogram  
(say *ee-lek-tro-en-sef-al-oh-gram*).

Your brain produces tiny electrical signals or impulses, called brain waves. An EEG records your brain waves using electrodes attached to your head like stickers. It does not hurt. Nothing goes into the head.

There are 2 types of EEGs: Routine and Sleep-deprived. See page 2 for how to prepare for each.

## How is an EEG done?

We start with a few questions about your health and medical history.

We then mark specific spots on your head using a washable crayon. We clean each spot with special gel. We attach small discs to your head with water-soluble paste. These are called electrodes. We don't need to remove any hair for this.



We connect the electrodes by wires to a computer that records your brain waves.

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.

The test can take up to 2 hours to complete.

## How do I prepare for the test?

If you do not speak or understand English well enough to have medical conversations, please call and let us know as soon as possible. We can arrange for a medical interpreter. You are welcome to bring someone with you to help you communicate with us.

### Steps for both Routine and Sleep-deprived EEGs

1. For 12 hours before the test:
  - Do not drink or eat anything with caffeine. This includes coffee, tea, cola, and chocolate.
  - Do not drink any alcohol.
2. Wash your hair the night before the test. Your hair must be completely dry before coming to the clinic.
  - **Do not** put any hair products in your hair such as conditioners, oils, gels, or hair sprays.
3. Take your medicines as you normally would.
4. Eat a small meal or snack before coming for the test. Remember, no caffeine.
5. Wear loose, comfortable clothes.
6. Bring a list of the medicines you are currently taking. Include those medicines you buy from a pharmacy without a prescription, herbal medicines, vitamins and minerals, and supplements.
7. You might want to bring a hat, scarf, comb, or hair elastic for your hair after the test. Your hair might be a bit sticky afterwards.

### Added steps for Sleep-deprived EEGs

The night before the test:

- Sleep only from 12:00 a.m. to 4:00 a.m.
- Get up at 4:00 a.m.
- Stay awake until to start the test. We will ask to you try to sleep during the test so we can see both awake and sleeping brain waves.

Please have someone drive and come with you to the appointment. They can help you stay awake until the test. It is dangerous for you to travel by yourself because you have not had enough sleep. Do not drive yourself.

**We send the results to your family doctor and to the doctor who asked for the test.**