

Having an EEG

Jim Pattison Outpatient Care and Surgery Centre

I am having a:

☐ Routine EEG ☐ Sleep-deprived EEG

My appointment date: _____

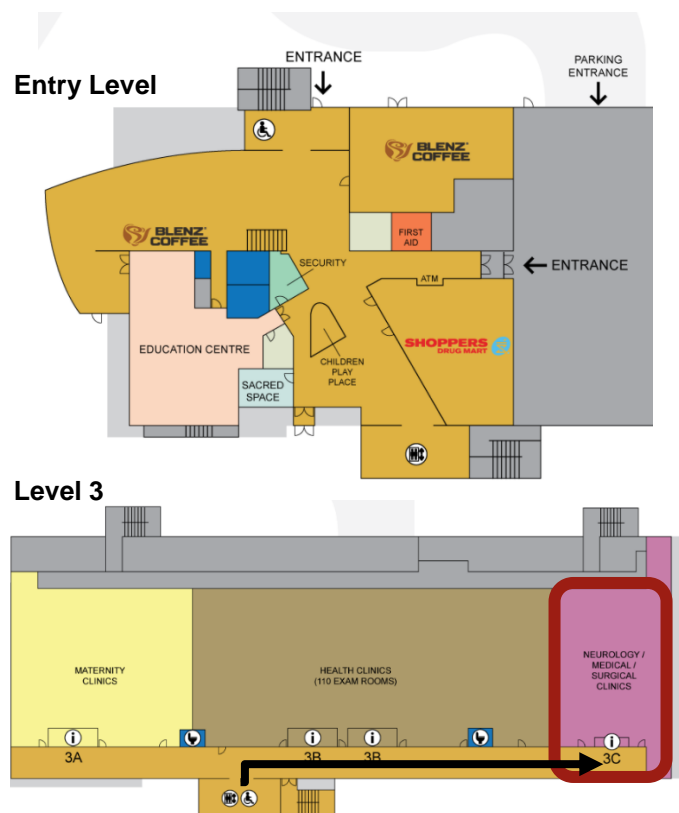
My appointment time: _____

* The doctor who ordered this test contacts you with the date and time.

9750 140th Street, Surrey

**Report to the Neurology Department,
Level 3, Reception 3C.**

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



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).

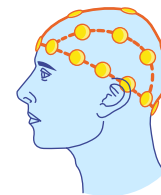
Your brain produces tiny electrical signals or impulses. An EEG is a test that measures the electrical activity given off by your brain. It does not hurt.

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 by asking you 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 with 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. 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.

The test can take up to 1 ½ hours to complete.

How do I prepare for the test?

Make sure you follow these steps to prepare for your 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 to follow for Routine EEG:

1. For 12 hours before the test:
 - Do not drink or eat anything with caffeine. This includes coffee, tea, cola, and chocolate.

Steps to follow for the Sleep-deprived EEG:

1. a) For 24 hours before the test:
 - Do not drink or eat anything with caffeine. This includes coffee, tea, cola, and chocolate.
 - Do not drink any alcohol.
- b) Only sleep from 10:00 p.m. to 2:00 a.m. the night before the test. Get up at 2:00 a.m. Stay awake until you start the test. We will ask you to try and sleep during the test so we can see certain brain activity.

Steps for both Routine and Sleep-deprived EEGs:

2. Wash your hair either the night before or the morning of the test. Make sure your hair is completely dry before coming to the hospital. **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, including those you buy from a pharmacy without a prescription, herbal medicines, vitamins and minerals, and supplements.
7. You might want to bring a hat, comb, or hair elastic for your hair after the test. Your hair might be a bit sticky afterwards.

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