



Routine Electroencephalogram (EEG)

An electroencephalogram (EEG), also called a brain wave test, is a diagnostic test which measures the electrical activity of the brain (brain waves) using highly sensitive recording equipment attached to the scalp by fine electrodes.

Brain cells communicate by producing tiny electrical impulses, also called brain waves. These electrical signals have certain rhythms and shapes, and EEG is a technique that measures, records, and analyzes these signals to help make a diagnosis.

To prepare for an routine EEG:

- Hair **MUST** be clean for this test. Wash it either the night before or the day of the test. **DO NOT** apply conditioners, hair creams, styling gels or sprays. Hair products can make it harder for the sticky patches that hold the electrodes to adhere to your scalp.
- Avoid anything with caffeine on the day of the test because caffeine can affect the test results.
- Take your usual medications unless instructed otherwise

During the test

- You'll feel little or no discomfort during an EEG. The electrodes don't transmit any sensations. They just record your brain waves.
- A technician measures your head and marks your scalp with a special pencil to indicate where to attach the electrodes. Those spots on your scalp may be scrubbed with a gritty cream to improve the quality of the recording.

- A technician attaches flat metal discs (electrodes) to your scalp using a special adhesive. Sometimes, an elastic cap fitted with electrodes is used instead. The electrodes are connected with wires to an instrument that amplifies — makes bigger — the brain waves and records them on computer equipment.
- Once the electrodes are in place, an EEG typically takes up to 60 minutes.
- Technicians conduct the test. Our Neurologists will interpret the recording, and the results are sent to the doctor who ordered the EEG.
- Your primary care doctor, or the doctor who ordered the EEG, will discuss the report with you at a follow-up appointment.

Thank you in advance for your cooperation and for choosing Neurologic Associates as your trusted health care provider.