Prepare For Your EEG

What is an EEG?

An electroencephalogram (EEG) is a test that measures electrical impulses in the brain. Electrodes (sensors) are placed on your head with wires that connect to a computer. The electrodes measure and record your brain function by displaying wavy lines on a computer screen.

An EEG can determine certain conditions by the changes in the normal brain wave activity. It may be used to diagnose or look for problems with:

- Seizures
- Abnormal movements
- Headaches
- Confusion

How to Prepare for Your EEG

- You may be asked to sleep during your EEG test. To help you prepare, you may be asked to stay up for all or part of the night before your test.
- Arrive with clean, dry hair. Do not braid your hair. Do not use any hairstyling products, including hair sprays or conditioners. Your scalp must be free of excess oil.
- Continue to take routine prescribed medications unless told to stop.
- You may eat prior to your EEG unless told not to eat. Avoid foods and drinks with caffeine, such as coffee, tea, soda and chocolate for approximately 12 hours before the test.

During Your Test

When you arrive for your EEG, the technologist will measure your head and rub your scalp with a mild abrasive cleanser. You will be asked to lie down on a bed and electrodes will be placed on your head.

The technologist may ask you to do the following things during the test:

- Lie very still
- Open and close your eyes
- Breathe fast and deep (hyperventilate) for a few minutes
- Close your eyes during a series of bright, flashing, or strobe lights
- Relax and go to sleep

Try not to talk to the technologist during your test unless necessary. After the test, you can resume normal activity. Your doctor will call you with your test results after it has been read by our Pediatric Neurologist.

If you have questions, please contact:
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