

Neurology Laboratories

Electroencephalogram (EEG) Patient Preparation and Information

Please arrive **15 minutes prior** to your scheduled appointment time.
Arrivals past scheduled appointment time may result in delayed and/or lost appointment.

***ILL PREPARED PATIENTS WILL BE ASKED TO RESCHEDULE APPOINTMENT (i.e. not correctly sleep deprived) ***

1. Preparation for EEG

- a) Please ask your patient to eat a regular meal (or at least a snack) before the EEG appointment time to help stabilize blood sugar level.
- b) The patient must wash their hair thoroughly before the test.
- c) Patients should continue to take their normal medications, unless directed otherwise.

2. For child sleep deprived EEG, please instruct parent(s) to:

<i>NEWBORN - 3 YEARS</i>	<i>No nap in the a.m.</i>
<i>4 - 8 YEARS</i>	<i>Awake from midnight</i>
<i>9+ YEARS</i>	<i>Awake all night</i>

**Do not give child any food or drink containing caffeine (e.g. coke, chocolate, tea, coffee) prior to test.
Do not let child sleep on way to hospital.*

3. If melatonin is required, dosage must be determined by ordering physician and administered by patient/parent and/or guardian.

**Patient must provide their own melatonin.*

What is an EEG (Electroencephalography)?

An EEG is a diagnostic test that gives important information about the health and functioning of the brain. It is comfortable, safe and painless.

What is a sleep deprived EEG?

It is an EEG in which the patient stays up all or part of the night before the test. Details of this EEG will be given when your appointment is made. The EEG Technologist will:

1. Prepare the patient for the procedure.
2. Operate the machine.
3. Prepare data for the electroencephalographer (a physician who interprets EEGs).

How is the EEG performed?

1. A brief medical history will be obtained.
2. The Technologist will measure your head and have you lie down on a stretcher.
3. Small gold-silver plated disks will be applied to your scalp with water-soluble clear paste.
4. You will be asked to be still and relaxed; you will feel nothing.
5. The actual recording takes approximately 30 minutes. The technologist ask for you to breathe deeply for three (3) minutes; this may cause some tingling in your extremities and some mild dizziness. This is a normal reaction and will pass after deep breathing is over.
6. A flashing light will be placed in front of your closed eyes. You may see different designs, colours, etc.
7. You should allow approximately 60 minutes to complete the EEG.
8. A normal schedule may be resumed after the test unless the Technologist informs you differently.

Preparation for routine EEG

- You must have clean and dry hair free of any hair styling products (i.e., gel, mousse, and hair spray)
- Please remove any hair extensions/ wigs, and other hair accessories prior to the test.
- You can eat breakfast or lunch prior to test.
- Please do not consume any alcohol or caffeine.

Preparation for Adult sleep deprived EEG

- You must stay awake 24 hours prior to test.
- You must not consume alcohol or caffeine during this period and should eat a normal breakfast.
- It is recommended that you have someone drive you to and from the test.
- You must have clean and dry hair free of any hair styling products (i.e., gel, mousse, and hair spray).
- Please remove any hair extensions/ wigs, and other hair accessories prior to the test.
- It is advised that you return home to sleep after the sleep deprived EEG is completed.