

# NEUROLOGY ASSOCIATES OF NORWALK

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Appointment scheduled for: \_\_\_\_\_

## Electroencephalogram (EEG) Information

An EEG, or electroencephalogram, is a test that measures the electrical activity of the brain, often referred to as brain waves. This test is performed to see how often different parts of your brain function. It records a graph of your brain waves which allows your doctor to see how your brain functions. Your doctor has asked to have this test performed because of the symptoms you are experiencing. EEGs are useful in determining the cause of episodes of loss of consciousness, dizziness, and problems with thinking and memory. EEGs are most commonly used to determine whether the event you had might have been a seizure.

A technologist will place small metal disks with wires attached to them (electrodes) on different spots on your head to record your brain waves. Each spot will be cleaned with a special substance and the electrodes will be applied with a small amount of gel to hold them in place. You will be made comfortable by lying on a bed with eyes closed. The wires are then attached to a machine which will measure and record the electrical activity of your brain. You might also be asked to breathe quickly and deeply for a few minutes or look at a flashing strobe light.

The test is painless and takes about one hour to complete. About 40 minutes of EEG recording is made and the other time is spent putting on and removing the electrodes. The areas where the electrodes have been placed will be cleaned by the technologist, however it is generally recommended that you wash your hair at home after this test is performed.

If you are having an ambulatory EEG, also called a 24 hour EEG, the electrodes are attached with a special paste designed to keep them in place for 24 hours. The head is usually wrapped in gauze to help keep the electrodes from falling off. Patients may choose to wear a hat or scarf to help hide the gauze. Special instructions about what to record and how to care for the equipment will be given to you before you go home. You will return the following day to have the electrodes removed.

There are neither after effects from this test nor any special preparation. We recommend that your hair be washed and no hairspray, cream or oils applied to your hair or scalp. Any barrettes, hairpins, etc. should be removed. If you are having a 24 hour EEG we ask that you wear a shirt that buttons down the front and does not have to be pulled over your head. After the test is performed, a neurologist will read the test and send a report to your doctor. It is important that you schedule a follow-up appointment with your doctor to discuss these results.

It is important that you arrive on time for your appointment. Any missed appointments, or arriving more than 15 minutes late for your appointment, will result in a \$50 no show fee.