

## EEG (electroencephalogram)

This information will help you prepare for your EEG Appointment

### EEG brain activity

An electroencephalogram (EEG) is a test that detects electrical activity in your brain using small, flat metal discs (electrodes) attached to your scalp.

### Why it's done?

An EEG can determine changes in brain activity that may be useful in diagnosing brain disorders, especially epilepsy. An EEG may be helpful for diagnosing or treating the following disorders:

- Epilepsy or other seizure disorder
- Brain tumor
- Head injury
- Brain dysfunction that may have a variety of causes (encephalopathy)
- Inflammation of the brain (encephalitis)
- Stroke
- Sleep disorders
- Dementia

### Risks

EEGs are safe and painless.

### To prepare for an EEG:

- Wash your hair the night before or the day of the test, but don't use any conditioners, hair creams, sprays or styling gels. 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.

If you're supposed to sleep during your EEG test, your doctor may ask you to sleep less or even avoid sleep entirely the night before your EEG.

### 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.

**After the test** You should feel no side effects after the procedure, and you can return to your normal routine.



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