

UNITED HOSPITAL CENTER

PATIENT EDUCATION

ELECTROENCEPHALOGRAPH (EEG)



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for an Electroencephalogram (EEG). This test is sometimes called a Brain Wave.

An EEG is the study and recording of electrical activity in the brain and nervous system. The activity is recorded through a cap that is placed on the head. The test is performed by a technologist who records information on a computer and the results are interpreted by a specially trained physician.

It is important that you are relaxed and comfortable while the examination is being performed. During the exam, you will be asked to breathe quickly and you will also be shown a strobe light that will flash at different speeds.

An EEG is performed in the awakened state and in the sleep state. For awakened state exams you will be asked to get a good night's sleep. For sleep state tests, you will be asked to stay awakened most of the night and avoid stimulants. A mild sedative may be administered, so if you are an out-patient, you may want a friend or relative to accompany you so that they can transport you home after the exam is completed.

You may eat and take your medications as usual, but please **AVOID** stimulants, such as coffee and coke. Also, it is necessary that you shampoo your hair, using **NO** conditioners or hair spray.

LENGTH: Approximately 1 hour

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