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You have been scheduled for an EEG

<b>Appointment Date</b>	
<b>Arrival Time</b>	

## **INSTRUCTIONS FOR PATIENTS GETTING AN EEG**

You are required to bring your medication list with you to this appointment. One other person can accompany the patient during the test preparation. No children may accompany the patient so please plan accordingly. If you are more than thirty (30 minutes) late for your appointment, you may be rescheduled for a later date. Please call 625-3610 if you are unable to keep your appointment so that we may schedule another patient.

1. *What is an Electroencephalogram (EEG)?* An EEG is a painless test that measures the electrical activity of your brain. The EEG can show the general activity of the brain including whether the patient is awake or asleep. It can show areas of the brain that are not functioning correctly either because of too little or too much electrical activity. The EEG cannot be used to “read your mind” or detect lies. It may take up to two hours to complete the test.

2. *How is the test done?* A technician will mark and measure your head with a measuring tape and non-toxic grease pencil. A scalp abrasive solution will be used to rub those marks taking off any excess dead skin cells. Finally, several electrodes will be attached to your scalp using adhesive past. All you need to do is lie still and relax.

3. *What do I need to do before my test?* On the day before the test, it is important that you do not have any stimulants; avoid cigarettes, coffee, tea, and soda with caffeine. Continue meals and medications as appropriate and do not take any sedative or stimulant medications the day before. Any of the above can change your natural brain activity and your EEG test will not be accurate. If you are taking anti-epilepsy medications, you should continue taking your medication, unless your doctor tells you otherwise. Wash your hair the night before. Any oil on the scalp will keep the electrodes from staying on your head. Women should remove any hair accessories or braids before going to the test center.

4. *Do I need to stay up the night before the test?* That will depend on the type of EEG your physician orders. The types of studies include:

*Routine.* Get a normal night's sleep

*Awake/Sleep.* No more than four hours of sleep the night before the appointment.

The patient should wake no later than 6:00 am the morning of the test.

*Sleep Deprived.* The patient is to have had no sleep for 24 hours before EEG test. No stimulants (e.g. – coffee, soda, chocolate, smoking, etc...) 8 hours prior to test.

*Children (Newborn-12).* Keep the patient awake two hours past normal bedtime. Awaken patient no later than 6:00 am the day of the test. Keep awake until test. If patient is an infant, please bring bottle and diaper change.

5. *What are the risks involved with the tests?* There are no risks associated with this test. The cup electrodes are cleaned after each use, and there have never been any incidents of infection resulting from their use at this hospital. Please notify the technician if you are either a hemophiliac, taking a blood thinner, have a pacemaker or have had a positive HIV test.

6. *Do I need to bring anything?* Please bring your medication list and wear loose clothing so that you will be more comfortable during the test.

7. *What do I need to do after the test?* Follow-up with your physician for results. For a routine EEG, there are no limitations and you may return to work immediately. If you have been sleep deprived for the EEG, you may want to have someone drive you home.

8. *How do I get the results of the test?* The EEG will usually be read and the results sent to your physician within one week.

9. *Can I bring my spouse or children?* Only one other person can accompany the patient during the test preparation. During the actual test, only the patient and technician are allowed in the room. Children under the age of 10 are allowed one person to sit with them during the test. No children may accompany the patient, so please plan accordingly.

- Please bring your insurance, Medicare, or Medicaid cards with you. To ensure accurate billing, the Admitting staff will need to copy these each time you come to CGH Medical Center for service.
- Check with your insurance company to see if the exam/test ordered requires pre-certification for a second opinion.
- Report to the Admitting department 15 minutes prior to your appointment to allow time for your registration.
- If you have any questions regarding these instructions or the EEG and you have a test scheduled with us please call 815-625-0400 Ext. 4456.

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