



## EEG Test Information

The EEG (Electroencephalogram) is a procedure that records the electrical activity of the brain (“brainwaves”) via electrodes placed on the scalp. One use for EEG recordings is to check for the presence of abnormal electrical activity that may be seen in people with epilepsy.

This procedure is pain-free and non-invasive.

The set-up for the test involves:

- An explanation of the test and signing of consent form
- Measuring the head for accurate placement of electrodes
- Making temporary marks on the scalp with a crayon
- Attaching electrodes with water-soluble paste (this can be washed out afterwards)

Once electrodes are attached, a 20 minute or longer recording is obtained:

- Initially the patient will be asked to rest for approximately 10 minutes
- After resting quietly, they may be asked to breathe deeply and heavily (known as hyperventilation) for 3 to 5 minutes
- Finally, the patient may be asked to look at flashing lights with eyes alternatively open then closed

These requirements can be modified to individual patient abilities.

The entire procedure will take approximately 45 to 60 minutes.

Medications should be taken as normal on the day of the test.

Medication names should be brought to the test for documentation.

Please ensure that your hair is clean and refrain from using products such as gel, wax, hairspray and mousse on the day of the test.