

EEG Patient Education



An electroencephalogram (EEG) is a test that detects electrical activity in your brain using small, metal discs (electrodes) attached to your scalp. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. This activity shows up as wavy lines on an EEG recording.

An EEG is one of the main diagnostic tests for epilepsy. An EEG can also play a role in diagnosing other brain disorders.

How should you prepare for an EEG?

- Come with clean, dry hair
- Do not use hair spray, conditioners, hair creams/sprays. (Hair products can make it harder for the sticky patches that hold the electrodes to adhere to your scalp.)
- Dress comfortably – do not wear a turtleneck
- Do not drink any alcohol or caffeinated drinks on the test day – coffee, tea, cola drinks, mountain dew, etc...
- Take medications as usual unless your doctor directs you to do otherwise.
- Eat normal meals before testing
- We suggest bringing a hat for after the test.

Results

Our doctors, who are trained to analyze EEGs, will interpret the recording and give you the results. Please note that the EEG technician is unable to give results during/after an EEG. The doctor must first interpret the results.

Risks

EEGs are safe and painless. Sometimes seizures are intentionally triggered in people with epilepsy during the test, but appropriate medical care is provided if needed.