

Foothills Neurology Testing Center

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Routine EEG (Electroencephalogram)

A routine EEG or electroencephalogram is a valuable test used to monitor and record the electrical activity of the brain. It is relatively painless, the only thing you will feel is the technologist exfoliating the surface with a gel substance and then applying a small electrode with paste on the head in precise positions. The EEG recording will take approximately 90 minutes to perform.

PLEASE ARRIVE 10 MINUTES EARLY TO CHECK IN AND USE THE RESTROOM

- **Please sleep less than 5 hours the night prior to the test.** The physician would like for you to relax and try to sleep during the test.
- The day of the EEG, please **do not consume** caffeine, such as energy drinks, coffee, tea, soda, chocolate, Excedrin, etc.
- Continue all regularly scheduled medications, unless otherwise instructed by your physician.
- Eat a small meal prior to the test if possible.
- **Please arrive with clean, dry hair, free of all hair products (oils, gels, mousse, hairspray, etc.). *** We cannot perform an EEG on people with hair tracks, extensions, braids of any style, or hair pieces that are not removable. *****
- **If you have any questions, please call 480-382-7187 and leave a message for Lori at least 1 day prior to your appointment.**
- No makeup or lotions should be worn or used on the face or the chest area.
- We suggest that you wear comfortable warm clothing or bring a blanket as the lab temperature can be cool at times.
- **PLEASE WEAR AN APPROPRIATE UNDER GARMENT IF YOU CAN'T HOLD YOUR BLADDER FOR 90 MINUTES.**

****In order to obtain optimal results, you will be monitored independently for approx. 90 min.**

****Anyone accompanying you to your appointment will be asked to remain in the lobby****

An EEG involves three parts:

- 1. Rest & Sleep** – Though not everyone falls completely asleep, being relaxed and being still is vital for a successful study. Please try to not sleep more than 5 hours the night before your test.
- 2. Photic Stimulation** – While relaxed with your eyes closed, a specially designed light will flash at different frequencies for 10 seconds at a time, starting slowly and increasing in speed. Though the eyes are closed, seeing flashes of color, shapes, patterns, etc. is normal.
- 3. Hyperventilation** – You will be asked to breath heavily for 3 minutes. During this activity, numbness and/or tingling around the mouth, hands, and feet is normal, as well as dry mouth, and at times some sensations of light-headedness. **This will not be attempted in some instances depending on your history.**

After the Test:

Though we will attempt to clean off some of the messy, sticky paste product used to hold the electrodes, especially from the face and forehead, shampooing your head at home with warm water will be necessary to completely remove the products from the hair and scalp. We suggest you bring a hat or scarf to wear after the study.

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