

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 of your head with a gel substance and then applying a small electrode with paste in precise positions. This procedure will take approximately 90 minutes to complete.

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 try and fall asleep during the test.
- The day of the EEG, please do not consume caffeine, such as coffee, tea, soda, chocolate, Excedrin, benzodiazepines, or sleep medication, etc.
- Continue all regular 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 (gel, mousse, hairspray, etc.). *** We cannot perform an EEG on people with hair tracks, tight extensions, tight braids or hair pieces that are not removable.** They need to be removed prior to the appointment. ***
- **If you have any questions, please call 480-382-7187 24 hours before your appointment.**
- No makeup or lotions should be worn or used on the forehead or on the chest area
- We suggest that you wear warm comfortable clothing so you may rest easily and sleep. **The lab can be COLD so we suggest you bring a sweater or a blanket with you.**
- **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. Photic Stimulation – While relaxed with your eyes closed, a specially designed light will flash at different frequencies for 10 seconds at a time, starting slow and increasing in speed. Though the eyes are closed, seeing flashes of color, shapes, patterns, etc. is normal.

2. Hyperventilation – You will be asked to breathe heavily for 2-3 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.**

3. Sleep – Though not everyone falls completely asleep, being relaxed and still is vital for successful study. So please try to not sleep more than 5 hours the night before your test.

After the Test:

Though we will attempt to clean off some of the sticky paste product used to apply 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 when you leave.

Note: It is the patient's responsibility to verify if tests/services are covered under their insurance. Please provide the following CPT codes to your insurance company when calling.

95816, 95819, 95812, 95957