



Connecticut Pain Solutions

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PATIENT INFORMATION EEG

What is an electroencephalogram (EEG)?

An EEG is a computer recording of the electrical activity of the brain. Sensitive monitoring equipment records the brain's activity through electrodes placed on a patient's scalp. The test is done with the patient laying down and is painless. The EEG usually takes about 30 minutes to complete.

An EEG is useful in diagnosing and treating many neurological disorders.

EEG Patient Instructions

Wash your hair and scrub the scalp thoroughly. Do not apply hair oil, gels, or sprays. Bring a comb or brush with you to the test, especially if you have long hair. Medications can be taken as usual, unless otherwise stated by your doctor. You do not have to fast, you may eat and drink as normal.

After the test, it will be advisable to wash your hair again when you return home to ensure all the paste is removed before it can dry to the scalp (you may want to bring a scarf or hat to wear following your EEG appointment).

What to expect during the EEG test:

You will be taken to a specially equipped room where the EEG will be performed. The room contains a bed and the EEG testing equipment.

Electrodes will be attached to the scalp with electrode paste. Electrode paste is odorless and water soluble.

You are ready for your EEG. You just relax in bed. During the test you will first be asked to open and close your eyes several times. Then the EEG technologist will ask you to close your eyes. The EEG technologist may also ask you to do some deep breathing for three minutes and to watch a flashing light.

After the EEG test:

There are no other side effects, except for messiness in the hair. You will want to shampoo normally at the next opportunity.

Your physician will have the results of your exam in approximately three weekdays.