

Electroencephalogram (EEG)

An EEG, or **electroencephalogram**, is a test that can help diagnose epilepsy and aid in the diagnosis of a stroke (CVA), transient ischemic attack (TIA), syncope, headaches, meningitis or encephalitis.

Before the Procedure

Ask your physician which medications you can take prior to your EEG. Wash your hair the night before the test. Do not use hair cream, oils or spray afterward. Stay up later than you usually do, and get up early. Do not have anything with caffeine after you get up.

Electrical signals produced by the brain neurons are picked up by the electrodes and transmitted to a polygraph, where they produce separate graphs on moving paper using an ink writing pen or on a computer screen.

During the Procedure

During an EEG, the electrical signals of the brain are recorded. This electrical activity is detected by electrodes, or sensors, placed on your scalp and transmitted to a polygraph that records the activity.

You will lie down and be asked to relax with your eyes closed. You may be asked to breathe deeply or rapidly or to stare at a flashing light. Both of these activities produce changes in the brain-wave patterns. If you are prone to seizures, it is rare you may experience one during the test.

After the Procedure

The electrodes will be removed and the paste that held them in place will be washed away with water. Unless you are actively having seizures or are restricted by your physician, you may drive home. A neurologist will examine the EEG recording for abnormalities in the brain-wave pattern, which may detect diseases of the nervous system. Your physician will discuss the results of your test with you.

If you have any questions regarding your procedure, call 561-263-4486.