

Long Island Neurology Consultants

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ELECTROENCEPHALOGRAM (EEG) Information

An Electroencephalogram (EEG) records the electrical activity of the brain. Our certified technologist will measure the patient's head and put the electrodes on their scalp with a paste-like substance. During the test, the patient lies on a table (or may remain in a chair) in a dark room, remaining still and relaxed. Sleep is encouraged during the procedure. Often, a strobe light is used as well to record the brain's response. An EEG usually takes between 30 to 45 minutes.

PREPARATIONS FOR THE PROCEDURE

- **Sleep is encouraged during the procedure. Avoid eating or drinking anything containing caffeine** for at least eight hours before the test. In some cases, you may be asked to sleep less the night before.
- There are no other dietary, medication, or driving restrictions associated with this procedure.
- **Please wash** your hair/scalp the night before or the day of the test. Please avoid any hair products such as: hair cream, sprays, styling gels, and mousse. Please avoid any scalp treatments such as lotions or sunscreen.
- The EEG electrodes are temporarily pasted to the scalp. All **hair pieces** and **extensions** **MUST** be removed during the procedure.
- **Face** must be free of moisturizers. It is recommended to bring a hair tie for mid to long hair.
- Although we do our best to clean your head afterwards, you may have some residual paste in your hair and scalp after the EEG is disconnected and you may need to re-wash your head when you get home.
- During the procedure, the patient will be in a room alone with the technologist. All other caretakers or accompanying persons will remain outside. Please leave children who require assistance at home.