

### About your EEG investigation

An EEG is a painless and harmless investigation lasting approximately 1 hour. It involves placing a number of small discs to your scalp to record the electrical activity of your brain.

**Preparing for the appointment:** It is important that your hair is clean and free from hair products. It would be helpful if you could wash your hair the night before the test and you will need to do it again after you return home.

**What to bring with you:** If you are a regular user of oxygen, please bring this with you as our department does not have a piped supply. If the patient is a baby or child, it would be helpful if parents/guardians could bring a drink/toy/DVD. Please continue with your usual medication. A written list of what you take would be helpful for the Physiologist.

**A Clinical Physiologist measures your head and marks your scalp** with a special pencil, to indicate where to attach the electrodes. Those spots on your scalp are scrubbed with an exfoliator to improve the quality of the recording.

**Flat metal discs (electrodes) are then attached to your scalp** using an adhesive paste. The electrodes are connected with wires to an instrument that processes the brain waves and records them on computer equipment.

**You will be asked to consent** to breathe deeply (hyperventilate) for a few minutes and look at a flashing light. Consent from a parent/guardian is obtained for children.

**Video is recorded during the EEG.** Your body motions are captured by a video camera while the EEG simultaneously records your brain waves. This combined recording may help your doctor diagnose and treat your condition.

**You relax in a comfortable position with your eyes closed during the test.** At various times, you may be asked to open and close your eyes.

**You will be asked to hyperventilate for 3 minutes** which may make you feel dizzy and tingly.

**You will be asked to look at a flashing light** which flashes for 10 seconds at time at various frequencies. You will be asked to open and close your eyes.

**The physiologist will remove the electrodes from your hair** and clean some of the paste with a wet cotton ball. Please bring a brush or comb if needed to help tidy your hair before leaving the department. You will need to wash your hair after the test to remove any residue.

You will receive the results from the referring clinician at your follow up appointment.