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Electroencephalogram

An EEG records the electrical activity of the brain. For the patient, the test is not painful. The head is measured with a measuring tape and marked with a china marker. Electrodes are then applied on the scalp with a paste like substance.

During the test the patient will be asked to take repeated deep breaths (hyperventilation) and shown a strobe light that flashes at different speeds. Both activities can help reveal different brain patterns that are useful in a diagnosis. Physicians also want to observe brain patterns that occur during sleep if possible.

Preparation for the patient:

1. **No caffeine** 8 hours prior to the test. This is to encourage sleep.
2. **Clean/Dry hair** (no sprays, gels, oils, or mousse.) No hair extensions, weaves, braids or hair pieces. If you have them, they **MUST** come out prior to testing. The Tech has to be able to attach multiple electrodes directly to your scalp in specific locations. If you normally put oil in your hair, don't use it for 2-3 days prior to testing and completely wash out all residue.
3. Eat and take medications as usual unless otherwise instructed.

APPOINTMENT _____ TIME _____

Cary - 251 Keisler Drive Suite 100 • Cary, NC 27518

Sanford - 101 Dennis Drive • Sanford, NC 27330

Pinehurst - 295 Olmsted Boulevard, Suite 12 • Pinehurst, NC 28374