

# Electroencephalogram (EEG) Instructions

**Appt. Date:** \_\_\_\_\_ **Appt. time:** \_\_\_\_\_

**Appt. Location:** Dr. Gupta's office

**Arrival:** Please arrive on time for your appointment with a current medication list.

**If you need to cancel or reschedule your apt. call 24 hours ahead at 828.684.1119**

## **EEG:**

An EEG is a study to evaluate the brain wave activity and the function of the nervous system. An EEG can be used to diagnose conditions that disturb the electrical activity of the brain including epilepsy, stroke or tumors.

## **Preparation:**

- 1/ Shampoo hair prior to coming for test, no gels, mousse, oil or hairspray. Please make sure your hair is clean and **dry**.
- 2/ No caffeine products (coffee, cola, chocolate, teas) for 12 hours prior to test.
- 3/ No Food Restrictions, please eat prior to coming.
- 4/ You may take your regular medications.
- 5/ If doing sleep deprivation EEG test, please do not sleep more than 4 hours the night before your test.

## **During the test:**

EEG tech will put electrode on the scalp with a removable paste. There are no needles involved, no shocks or current.

Tech may ask you to take deep breaths during the test. Tech may flash light in your eyes. Keep your eyes closed during the test. Please no talking during the test. You can fall asleep during the test.

Test preparation / electrode placement on the head may take 20-25 min. Test recording will take an hour and 5 minutes.

Results will be available to you on the next follow up visit with your doctor.