



Central
Health

Patient Information

**Everything you
need to know
about having
an EEG**

**SMOKE
FREE**

Everyone. Everywhere. Every day.



Central
Health

Appointments: (709) 292-2373

**Diagnostic Neurophysiology
Department
Grand Falls-Windsor, NL**

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WHAT IS AN EEG?

An EEG (Electroencephalogram) is sometimes called a brain wave test. Special electrodes are placed on the client's head with a gel or paste and the electrical activity of the brain is recorded.

There are two main types of EEG:

1. **Routine EEG** – A routine EEG takes around 45 minutes. You will be asked to lay quietly with your eyes closed. At times you will be asked to open or close your eyes. For three minutes you will be asked to do some heavy breathing (if this is a problem, please let the Technologist know). You will also be shown a series of flashing lights.
2. **Sleep Deprived EEG** – A sleep deprived EEG takes around 75 minutes. This test is similar to a Routine EEG except that you will be asked to stay awake the night before; and will be given a chance to sleep during the test.



WHY AM I HAVING AN EEG?

A doctor decides whether a client needs an EEG. Common reasons for having this test are (but not limited to): seizures, fainting, dizziness, headaches, and memory problems.

WHERE DO I GO?

The EEG service for Central Newfoundland is located at the Central Newfoundland Regional Health Centre in Grand Falls-Windsor, NL.

Upon entering the main lobby, please proceed to the Cardiopulmonary Services Department to register for your appointment. Follow the blue line on the floor from the main lobby.

HOW DO I PREPARE FOR AN EEG?

1. Make sure hair is clean, dry, and free of any spray, gel, or mousse. Do not braid hair or wear buckles in it.
2. Do not wear earrings.
3. Avoid **caffeine** and **alcohol** before the test, *otherwise* eat as you normally would.
4. Take all medications as normal unless otherwise instructed by your doctor.
5. Bring a list of all your medications.

HOW DO I PREPARE FOR A SLEEP DEPRIVED EEG?

Follow all instructions for a routine EEG

You **MUST** stay awake from noon on the day before the test until the appointment time. If you are under 12 years of age, please check the instructions on the appointment letter. You will not be required to stay awake for this entire period.

Wear comfortable clothing on the day of the test.

Avoid driving to and from the appointment.

