

Preparing for your electroencephalogram (EEG)

An electroencephalogram (EEG) is a non-invasive diagnostic procedure that measures electrical signals generated in the brain. It is most often used to investigate ongoing seizure activity, but can also be used to investigate other conditions that may alter brain activity. The EEG does not measure intelligence or mental status and there is no danger of electric shock.

Who performs the test?

A registered technologist with the [Canadian Board of Registration of Electroencephalograph Technologists, Inc.](#) will perform the EEG or EP test.

A neurologist (someone who specializes in nervous system disorders) interprets the recordings taken from the EEG or EP and then sends the results to your doctor within one to two weeks. Your doctor may schedule an appointment to go over the test results with you.

What types of EEGs are there?

There are two types of EEG tests:

- **Routine EEG:** this test typically takes one hour.
- **Sleep Deprived EEG:** this test will take around 1.5 hours. During the test, your awake, drowsy and sleep states will be monitored. Please deprive yourself of sleep by remaining awake the night prior to your test. You may eat and drink, but avoid caffeinated beverages. We recommend you do not drive to and from this procedure.

How should I prepare for my EEG?

- Please come with clean, dry hair with no hair gel or other hair products. We will NOT have to shave or cut your hair for the test. Please note that if you have lice, your test will be rescheduled after the lice have been treated.
- It is helpful to bring a list of current medications as the technologist will ask what medications you are taking.
- It is often beneficial to sleep during the test. Please avoid naps, alcohol and caffeine before the test. Follow physicians instructions for the amount of sleep to get the night before if you are coming for a sleep deprived EEG.
- Continue taking scheduled medications unless told otherwise by your physician. Continue eating and drinking normally before the test.
- Wear comfortable clothing. You may be sitting and or lying on a bed during the test.
- Please report to admitting 15 minutes before your scheduled appointment time. Late arrivals may necessitate rebooking for another date. If you are going to be late due to traffic, road conditions, etc., please call 780.735.7304 to let us know or rebook if necessary.

What should I expect during my EEG?

- The EEG will take approximately 1 hour to complete.
- A cap will be placed on your head and gel will be inserted into each electrode. Each electrode will then be rubbed to make contact with the scalp.
- During the test, you may be asked to open and close your eyes, answer a few questions, do several minutes of deep breathing and look at flashing lights. For most of the test, you will be asked to lie still and relaxed with your eyes closed. Sleep is encouraged.
- The technologist will finish by removing the cap and cleaning off the gel. You may want to have a shower or bath to fully remove the gel from your scalp.
- The results of your test will be interpreted by a specialist and the final report will be sent to the ordering physician. If you need us to send the report to additional physicians, please notify the technologist at the time of your test.