

Electroencephalogram (EEG) Information Sheet

What is an EEG?

EEG stands for electroencephalogram. This is a non-invasive and painless test which will record the electrical activity of the brain.

What will happen during the EEG?

The EEG is performed by a Clinical Neurophysiology Scientist at Sunshine hospital's EEG lab.

The Clinical Scientist will mark some points on your scalp with a soft pencil. After rubbing these points with a gel, approximately 20 small electrodes will be placed on the scalp using a sticky, water-soluble paste.

The majority of the test will be performed with your eyes closed. You will not feel anything during the recording.

During the test you may be asked to:

- Perform a breathing exercise: This involves taking deep breaths for up to three minutes.
- Look at a flashing light: This involves looking into a strobe light which will flash on and off at different speeds

How do I prepare for an EEG?

- Your head will need to be clean, dry and free from any hair products/hair pieces/weaves.
- You should have your meals and any medication as normal.

How long will the test take?

A routine EEG appointment will take up to 1 hour, where as a Sleep Deprived EEG appointment will take up to 1.5 hours.

How does a Sleep Deprived EEG differ from a Routine EEG?

A Sleep Deprived EEG is similar to a routine EEG, but is performed on a patient that has had little to no sleep leading up to the test. The recording time is also slightly longer than that of a routine EEG

How do I prepare for the Sleep Deprived EEG?

- You will need to stay awake from midnight until your EEG appointment in the morning - preferably without the aid of caffeine.
- Your head will need to be clean and free from any hair products/hair pieces/weaves.
- You should have your meals and any medication as normal.

*Please do not drive yourself to your Sleep Deprived EEG appointment, make alternative arrangements.

If you have any questions please call the Neurophysiology Department on 03 8395 9075.