

INFORMATION ABOUT ELECTROENCEPHALOGRAPHY (EEG)

What is an EEG?

- An EEG is the recording of the electrical activity of the brain. The test gives important information about the health and function of the brain.
- EEGs are valuable tools in medical conditions including seizures and epilepsy, among others.

EEGs may also be used to help:

- Monitor treatment or the need change it.
- Evaluate the effects of medication.

Preparing for the EEG

- Wash your hair. Do not use styling products.
- Eat before the test, but avoid caffeine.
- Take medications as usual unless instructed by your doctor.

The EEG:

- The technologist will obtain a brief history from you about why the test is being performed.
- Your head will be measured and marked with a soft crayon where the electrodes will be placed.
- The technologist will clean the areas with a Q-tip before placing the electrodes (usually 26) keeping them in place with either paste or glue.
- Once electrodes are on, it is time to rest.

During the test:

- You may be asked to breathe rapidly and deeply for 3 minutes.
- A flashing light may be placed in front of your closed eyes.
- You will be given time to relax and fall asleep.

Concerns:

- Some children may become upset because they are asked to sit still during the EEG. However, **THE EEG DOES NOT HURT.**
- The paste washes out.
- There are no side effects.
- An EEG is not harmful, no x-rays or needles.
- An EEG cannot read your thoughts.

The test takes 1-1.5 hours. The results will be sent to the ordering doctor within 48-72 hours.

If you are unable to attend the appointment, please call the EEG Lab at 617-636-5845, at least 48 hours prior.