

EEG (Electroencephalogram)



What is an EEG?

An EEG is a special recording of electrical impulses produced by the brain.

What are the benefits of having an EEG?

The test produces wave patterns which show the activity of your brain. This helps us to diagnose the cause of your symptoms.

Are there any alternatives?

There are no other alternatives to this test.

Are there any risks?

No, there are no known risks involved with having an EEG.

Can I eat and drink normally before the test?

Yes. You can take your meals as usual. We ask that you eat within two hours before having the EEG.

Do I continue with my medication?

Yes. Take your medicines as normal.

Is there anything else I need to remember?

Please make sure your hair is clean and don't use any hair products such as hair gel or lacquer before your test. If you think you may have been in contact with head lice, please ring the department for advice.

What happens during the EEG?

Using a special gel, we will place small discs on your scalp. We will ask you to:

- open and close your eyes
- breathe deeply for a short while
- perhaps watch a controlled flashing light

while the technician records the electrical activity of your brain.

Will it hurt?

No. An EEG is painless and harmless. You will feel your skin being rubbed before the discs are applied to your scalp. No needles are involved.

Will I feel anything afterwards?

No. There are no after effects.

How long will the test take?

About 50 minutes in total.

Can I drive after the EEG?

Yes, unless your doctor has advised you not to drive.

When will I know the results?

We will not be able to tell you your results straight away as the recording needs to be seen by the consultant. Either:

- the doctor will tell you when to come to the clinic, or
- you will receive a letter.

Please note:

Parents bringing a child for EEG can go into the recording room with them. It may help to bring one or two favourite toys, or a tablet.

Any questions?

If you have any other questions, please ask the staff in the EEG Department when you come to the hospital, or phone us on 01872 252430.

If you would like this leaflet in large print, braille, audio version
or in another language, please contact the General Office on
01872 252690

