

Office Manager Date of appointment _____ Time of appointment _____



NEURODIAGNOSTIC LABORATORIES

WHAT IS AN ELECTROENCEPHALOGRAM (EEG):

An EEG records the electrical activity from the brain through highly sensitive monitoring equipment. During the test you may be asked to take repeated deep breaths (to create hyperventilation.) You may also be shown a strobe light that flashes at fast and slow speeds. Both activities can help to reveal different brain patterns useful for diagnosis.

Your physician may wish to observe your sleep patterns. If so, you may be asked to stay awake most of the night prior to the EEG appointment and to avoid caffeinated beverages prior to testing.

HOW TO PREPARE FOR YOUR EEG TEST:

Typical length of test: 1 hour

- Come to your EEG testing with clean hair, with neither gel nor hair spray in your hair. If you wear braids they will need to be undone for the testing. The reason is that electrodes will be applied (with a water-soluble paste) at measured intervals on your scalp.
- If your sleep patterns will be tested, please follow your doctor's advice for sleep deprivation.
- Please bring a list of all your current medications. Certain medications can cause EEG changes.
- The test is not painful; afterwards you can resume your normal activities.
- NSMC provides interpreters for non-English speaking patients; please inform the EMG lab whether you will need the interpreter service or if you will bring your own interpreter. Call 978-354-4333 for NSMC Salem Hospital or 781-477-3417 NSMC Union Hospital to discuss our interpreter services.
- For patients who speak English but may not be able to easily communicate their medical histories, it is advisable that a family member or friend familiar with your medical history accompanies you to the testing.

FOLLOW UP:

Your doctor will receive a report within 4-5 days after testing and will contact you with the results.