

Electroencephalograph (EEG)

An electroencephalogram (EEG) is a diagnostic test that records the electrical activity of your brain using electrodes placed on your scalp. It is a safe and painless procedure that is commonly used to diagnose epilepsy and other neurological conditions.

At your appointment, a trained technician will ask you to sit or lie down comfortably while they attach electrodes to your scalp using a special adhesive. The electrodes are connected to a machine that records the electrical activity of your brain.

During the test, you may be asked to close your eyes, breathe deeply, or look at flashing lights or other stimuli. These activities can help to trigger abnormal electrical activity in the brain, which can help with the diagnosis of certain neurological conditions.

The EEG typically takes between 30 minutes to an hour to complete, and you will be able to resume your normal activities immediately afterward. You may be asked to wash your hair after the test to remove the adhesive used to attach the electrodes.

It is important to follow any instructions provided by your healthcare provider before the test, such as avoiding caffeine or sleep deprivation prior to the appointment. If you are taking any medications, you should also let your healthcare provider know, as some medications can interfere with the results of the test.

Sometimes prolonged EEG is performed in order to capture more information. This is sometimes performed at home (i.e. ambulatory EEG) or in hospital with camera monitoring to correlate with the EEG information (i.e. video telemetry)

Overall, the EEG is a safe and non-invasive test that can provide valuable information about your brain activity and help with the diagnosis of neurological conditions. If you have any concerns or questions about the test, be sure to speak with your healthcare provider.