

Outpatient Electroencephalogram (EEG)

Your doctor has ordered an electroencephalogram (EEG) for you. This test is to help find the cause of your symptoms which will help us decide on the best treatment for you.

EEG

An EEG is a recording of the electrical activity of the brain. It can help your doctor diagnose neurological problems, such as:

- Common headaches
- Dizziness
- Seizure disorders
- Strokes
- Degenerative brain disease

The EEG is not painful, and you should have no side effects from it. The test will take about an hour.

Preparing for the EEG

You need **clean hair** for this test. Wash it the night before or the morning of your test. **Do not apply conditioners, gels, or sprays.**

You may eat and take any needed medicine before your test.

For children, bring a special toy, book, or blanket. This will help keep them calm during the test. Parents or guardians will be asked to stay with the child during the test.

Arriving for the EEG

Stop at registration to check in 15 minutes before your visit. Registration is in the “Town Square.” Follow ‘Main Street’ towards the J module and Registration will be on your right.

For directions to the EEG lab, stop at one of the information desks. If you follow ‘Main Street’ through the H elevator lobby to the J lobby, you will find the EEG lab. Please check in at the EEG desk.

The Procedure

In the EEG lab, a technologist will place very small metal discs on your head using special paste. The discs will be placed at pre-measured spots on your head.

Once the test begins, it is vital that you relax and sit or lay quietly. During the test, a number of special tasks may be done. For instance, you may see a flashing light and you may be asked to breathe deeply for a short time. At the end of the test, the technologist will remove the metal discs and paste with warm water and/or baby shampoo if needed.

Results

The final report on your EEG will be sent to your primary doctor within a few days. Your doctor will discuss the results of the test with you and suggest a treatment, if needed.

When to Call

If you have any questions, or if you need to change the date or time of the test, please call the EEG lab.

Who to Call

EEG Lab
(608) 263-8483

The toll-free number is **1-800-323-8942**.
Ask for the EEG lab.