



An electroencephalogram (EEG) helps analyze brain wave function. Electrodes/probes placed on the scalp to record the brain's electrical impulses.

How do I prepare for EEG (Electro-EncephaloGram)?

- Discuss any medicines you are taking with your doctor before your procedure.
- Continue to take any anticonvulsant medications you have prescribed (unless your doctor specifically tells you otherwise).
- Wash your hair the night before the test.
- Do not use hair cream, oils, or spray.
- No caffeinated drink or chocolate at least two hours before the test.

What happens during the EEG?

- You lie down on the examining table or bed while about 31 to 35 electrodes are
- Attached to your scalp and around your face first with mild-abrasive fluid (NuPrep)
- and then hypo-allergic
- sticky conductive paste (Ten20).
- The paste is water washable; you may need to wash your hair after the test.
- Please bring a hat or bandana or anything to cover your head as the hairstyle will ruin, and your scalp feels sticky.
- Try to relax and lie first with your eyes open, then closed.
- The technologist may ask you to breathe deeply and rapidly, and a white strobe lamp will be flashed at 1 Hz to 60 Hz at a predetermined interval. Both of these activities produce changes in brain-wave patterns.
- EEG procedure is a video procedure, and we will record the video the entire time during the test for better interpretation of brain waves and correlate brain activity with physical movements.

Routine EEG instructions

- Washed and cleaned hair.
- No makeup.
- No coffee, tea, or chocolates at least two hours before.
- Please keep the electronic device in silent mode.
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- Relaxation and sleep are essential for the test's optimum result, so please do not bring
- young kids, if possible.
- If you are taking medications, continue all medicines as required.



Sleep-Deprived EEG instructions

(For Patients above Age 10 Years)

Sleep deprivation (not having enough sleep) and being sleepy during the test are essential in gaining as much information as possible from the EEG.

- Follow all of the above instructions for routine EEG. Stay awake for at least 24 hours before the test.
- Arrange to have somebody drive you to and from the Office.
- There can be anxiety and emotions in both kids and parents if they present for the test the first time. With the help and cooperation from parents, we can get through the test, which is easier than it sounds.
- For example, you can bring an iPad, cell phone to watch videos and play games, blankets, toys, and pacifiers.
- The mother can feed her baby during the test, including breastfeeding. Please remember that we record videos during the test and will continue to record while breastfeeding.

Instructions for All Children

- Do NOT give any sedatives (sleeping medicine) **within 24 hours** of the test.
- Continue giving all other medication (unless otherwise advised by your child's doctor or nurse).
- Do not give your child caffeine or sugar (including sodas, chocolate, or candy) **within 12 hours** of the test.
- Before arriving for the test, wash and dry your child's hair. Do not use styling gels, oils, or other products.
- Try to keep your child awake on the way to the clinic.

Duration of sleep loss in the pediatric Sleep Deprived EEG.

- Nap-Deprived EEG (**Age 3 and younger**)
- On the night before your appointment, keep your child up one-hour past usual bedtime, and wake your child (and avoid naps) three to four hours before your appointment time.
Sleep-Deprived EEG (Age 4 to 9 years)
- On the night before your appointment, keep your child up to **one- three hours** past regular bedtime,
- and have your child sleep **four to five fewer hours** than usual.