



ELECTROENCEPHALOGRAPHY (EEG)

Your physician has prescribed an electroencephalography (EEG) test. This test is used to analyze the electrical activity of your brain while you are awake or asleep.

ABOUT THE TEST

- The test is by appointment only.
- The test is performed by a technologist.
- The test takes 60 minutes for an adult and may take even longer for a child. If a sleep-deprivation EEG is prescribed, the test can take up to 90 minutes.
- If you are taking a sleep-deprivation EEG test, plan to have a companion drive you home (due to the sleep deprivation you will experience on the eve of your exam).

REMEMBER TO BRING...

- A valid medical insurance card (otherwise you will have to pay for this test).
- Your hospital card
 - * If you do not have a hospital card, before your appointment allow for 15 minutes to have one made at the admitting department.
- An up-to-date list of all your medications.
- A comb or hairbrush
- A hat or a tuque if it is cold outside.

PREPARING FOR THE TEST

Sleep-deprivation EEG

The evening before the test

- Deprive yourself of sleep:
Go to bed around midnight and get up around 4:00 a.m.

On the day of the test

- Do not drink any stimulants (coffee, tea, chocolate beverage, etc.).
- Make sure your hair is clean and dry (not damp).
- Wear comfortable clothes.

Awake EEG

On the day of the test

- Make sure your hair is clean and dry (not damp).
- Wear comfortable clothes.

CANCELLING OR POSTPONING AN APPOINTMENT

If you need to cancel your appointment, please notify the staff by dialling 819-346-1110, ext. 14489.

ON THE DAY OF THE TEST

- Go to the location at the time and date specified by the administrative officer or in your letter (received by mail or email).
- The technologist will measure your head and will use a skin-marking pencil to position the electrodes.
- The electrodes will be placed using a conductive paste or glue that dries upon contact with air and a conductive gel that enables recording.
- Some 20 cables will connect the electrodes to the computer that will record the electrical activity of your brain.
- During the test, the technologist will ask you to open and close your eyes a few times and to take deep breaths. The test will conclude with light stimulation.

CHECKLIST

My examination date: _____

Examination time: _____

Location: _____

AFTER THE EXAMINATION

- Once the test is completed, the technologist will remove the cables and electrodes. He will wash your hair to remove the paste or glue from your head. Your hair will be damp and somewhat dishevelled.
- You will be able to leave the hospital after the test. If you had a sleep-deprivation EEG test, make sure you have a companion to drive you home (due to the sleep deprivation on the eve of your exam).

GETTING YOUR TEST RESULTS

Your results will be available 2 to 4 weeks after your examination and will be sent to you by your prescribing physician.

DO YOU HAVE ANY QUESTIONS?



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Info-Santé 811

OR

Speak to your prescriber.

Authors

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Revision and layout

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