



EEG INSTRUCTIONS

INSTRUCTIONS FOR EVERYONE GETTING AN EEG:

- For questions or to change appointments call the EEG Laboratory 434-924-2511.
- Shampoo your hair the night before your EEG. Do not put any spray, lotion or oil in your hair. Please remove any weaves or hair pieces prior to the test.
- You may eat, drink and take prescribed medications as usual. Avoid caffeine.
- If the study is for a child bring their favorite toy, blanket or animal.
- If the child is very young and is unable to hold still for the placement of the electrodes it may be necessary to swaddle the child for the test.
- **Please do not allow sleep on the way to the laboratory.** The test is most useful if it contains drowsiness and sleep.
- Please arrive at the EEG lab 15 minutes before your scheduled appointment.

IF YOUR PHYSICIAN INSTRUCTS YOU TO HAVE A SLEEP DEPRIVED EEG PLEASE FOLLOW THE INSTRUCTIONS BELOW:

- For sleep-deprivation studies in children, please put the child to bed at the usual bedtime. Parents should awaken the child early depending on the age:
 - Under 3 years old: awoken at 4:00 am
 - 3-11 years: awoken at 2:00 am
 - 12 and older: awoken at midnight
 - Adults: Do not go to sleep
- Do not use caffeine or any other stimulants to stay awake
- Please do not go to sleep in the car or while awaiting the EEG.

WHAT IS AN EEG?

An EEG or electroencephalogram is a recording of electrical brain wave activity from wires placed on the scalp.

HOW IS IT PERFORMED?

1. Report to the EEG Laboratory at your assigned time.
2. Go to the bathroom before you go into the room
3. Adults and children relax on a stretcher
4. An EEG technician prepares small spots (the size of a pencil eraser) on your head by scrubbing the areas with a cotton swab.
5. About 27 electrode discs the size of a pencil eraser are placed onto your head and held in place with toothpaste-like cream or they may be glued in place.
6. Your brain waves are typically recorded for 20-40 minutes.
7. The electrodes are removed at the end of the test and you may leave.
8. Hair will be damp after the clean-up process.(you may bring a scarf or cap with you)
9. There are not special requirements after the test.