

# Routine EEG for Adults

**What is an EEG?** An EEG, or electroencephalogram, is a recording of the naturally occurring electrical activity of the brain. It takes about 60 minutes. The test is also recorded on digital video.

## **What should I do before I come?**

- Please arrive with your hair freshly washed and dried, and free from all hair products such as gel, oil or hair spray. Bring a comb if you like.
- Continue to take any prescribed medication unless you have been specifically told to stop
- Meals can be taken as usual
- If you like you can bring a hat to wear home afterwards

**What happens during the test?** Your head is measured and marked with small crayon crosses. You are usually asked to lie down and then about 22 wires are applied to your scalp using a water-soluble paste. You only feel a little gentle rubbing on your head. Your heart beat may also be recorded using leads on your neck or arms.

During the EEG recording, you are asked to relax with your eyes closed for most of the time while a computer records your brainwave activity for about 20 minutes. You do not feel anything at all. The more you relax the clearer the reading. You may be asked to open and close your eyes. With your consent we may also ask you to breathe deeply for three minutes and may show you a flashing light.

Afterwards, we remove all the wires, wipe off any paste and you can tidy your hair. Your head may feel slightly sticky, but any paste residue washes out easily. Some people prefer to bring a hat to wear home.

**Why do you record a video?** A digital video is recorded for technical reasons and to aid interpretation. Only sections that aid interpretation are kept. You will be asked for consent for us to record the video.

**Why are deep breathing and flashing lights used?** The breathing exercise and flashing lights may add extra diagnostic information for some people.

**Why do you need consent?** We like you to sign a consent form to confirm your agreement for the deep breathing and flashing lights because of a very small risk of triggering seizures in some people. Although the risk is very small, it may have implications if you hold a driving licence. We also explain that occasionally, clips of the video taken during your test are stored confidentially, and we are required to confirm that we have explained how and why we do this.

**Are there any after effects?** There are no after effects from recording an EEG. If you have any concerns after the test you should seek advice from your doctor.

**When will I get my results?** Results are sent to the doctor who referred you for the test. This usually takes one to three weeks.

**Please phone if you have any further questions: 01305 255255**