

## EASY GUIDE TO EEG

Your doctor has asked you to come and see us for an EEG test. Here are some things you might like to know about EEGs.

Some people have an EEG to see what is happening in their head. It helps the doctor see if you have "epilepsy". It is done in hospital by a Physiologist.

### **Before you come**

Please wash and dry your hair. Have your meals and medicines as normal. Bring a brush or comb to tidy your hair afterwards.



### **Please come to:**

Clinical Neurophysiology, North Wing Level 2  
Dorset County Hospital

### **When you arrive**

Your appointment will last about one hour. You will need to sit in the waiting room until it is time to start.

The test takes place in a clinic room.

The carer who brought you can come into the room with you.



### **Getting ready to have your EEG**

First, you will need to take your coat off and sit down.

The Physiologist will talk to you and your carer.

She will measure your head with a tape measure and mark it with a pencil. You will just feel her lightly touching your head.



Then you will be asked to lie down on a comfy bed. About 22 wires are put on your head with paste. You will feel your hair being moved and some light rubbing with a cotton bud. You will have two small stickers on your neck or hands too.



### **Having your EEG test**

You should try to stay very still.  
Having the test takes up to 20 minutes. All the wires go to the EEG computer and it measures your brainwaves, which are tiny electrical signals from your head. You do not feel it at all.



The Physiologist will stay in the room with you.  
She will watch the computer during the test and will ask you to open and close your eyes.  
She may ask you to take some deep breaths. You may be asked to watch a flashing light.



### **After the EEG test**

Afterwards we lift off the wires and wipe your head.  
Then you can comb your hair.

Your hair may feel a little sticky. You can wash the paste out of your hair at home later.

Your doctor will explain the results to you another day.

**If you are worried about anything or have any special requirements please contact us prior to your appointment on 01305 255255.**

**SEE YOU SOON!**