

BASS NEUROLOGY

925-602-7060

EEG INFORMATION

What is an EEG?

This is a test to record the electrical activity of your brain.

The tech will measure your head and then apply 24 sensors using a cool scrub and a little pressure.

The process does not hurt and it is noninvasive. You will be expected to sit still for the entire recording (40 minutes/1 hour/however long MD requested)

For a 40 minute recording please allow an hour and a half for the entire appointment

For a 1 hour recording please allow an hour and forty five minutes for the entire appointment.

THE RECORDING IS INTERPRETED BY A NEUROLOGIST. IT MAY TAKE UP TO A WEEK TO RECEIVE YOUR RESULTS.

- **If you have any questions after reading this please feel free to call our office and speak to one of our EEG Technicians**

How to prepare

Wash your hair with shampoo the night prior or morning of the appointment.

- You will want to wash your hair after the appointment , due to the sticky paste used in the set up

Do not use any conditioner, hair spray, gel or any other products in your hair.

Do not consume any caffeine 6 hours prior to the appointment.

Do not wear a turtle neck or high collared shirt

Do not wear earrings.

Take your medications as instructed by your doctor.

What you can bring

You may want to bring a hat to the appointment to wear on your way out

Suggested items you can bring to help the patient be relaxed and still for the EEG set up:

Books, favorite blanket, snack, bottle, download movies or TV shows prior to the appointment

****no wifi is provided in the office**

Sleep Deprived EEG

If your doctor ordered a sleep deprived EEG they are requesting that you do not sleep the night prior to the appointment in hopes that you are able to fall asleep during the recording.

0-3 years old

Stay awake as late as possible and wake up as early as possible

4-8 years old

5 hours of sleep in a 24 hour period

9 years old to adult

3 hours of sleep in a 24 hour period

*we have found some people prefer to sleep from 1AM – 4AM

Suggestions for staying awake

Any activity that is interactive and requires you or your child's involvement

*go out to eat

*play games

*redecorate your room

*clean the house

*art projects

*cooking/baking

* going on a walk/getting out of the house