



## RESTORATION NEUROLOGY

### EEG-FREQUENTLY ASKED QUESTIONS

**What is an Electroencephalogram or EEG test?** An electroencephalogram (EEG) is a test used to evaluate the “brain waves”. Brain cells communicate with each other through electrical impulses. An EEG can be used to help detect potential problems associated with this activity.

**How is the EEG procedure performed?** The test usually takes 30 to 60 minutes to complete, and involves the following steps. You’ll lie down on your back in a reclining chair or on a bed. The technician will measure your head and mark where to place the electrodes. These spots are scrubbed with a special cream that helps the electrodes get a high-quality reading. The technician will put a sticky gel adhesive on 16 to 25 electrodes, and attach them to spots on your scalp.

Once the test begins, the electrodes send electrical impulse data from your brain to the recording machine. This machine converts the electrical impulses into visual patterns that appear on a screen. A computer saves these patterns.

**Why is an EEG performed?** An EEG is used to detect problems in the electrical activity of the brain that may be associated with certain brain disorders. A normal EEG does **NOT** mean there is nothing wrong with you. It does not exclude a seizure or any other disease. This test is used in conjunction with your clinical symptoms and other diagnostic test to make a final diagnosis and conclusion

#### **How do I prepare for the EEG test?**

- Go to bed at 1AM and get up at 5 AM
- Wash your hair in the morning
- **NO** hair spray, **NO** gel, **NO** mouse, **NO** oils
- **DO NOT** style your hair: **NO** braids, **NO** ponytails
- Wear a button down shirt or blouse

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- *No perfumes or body lotions- you may wear deodorant.*

*After the completion of the test Dr. Ashley will go over the results with you once they are available on your next office visit.*

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