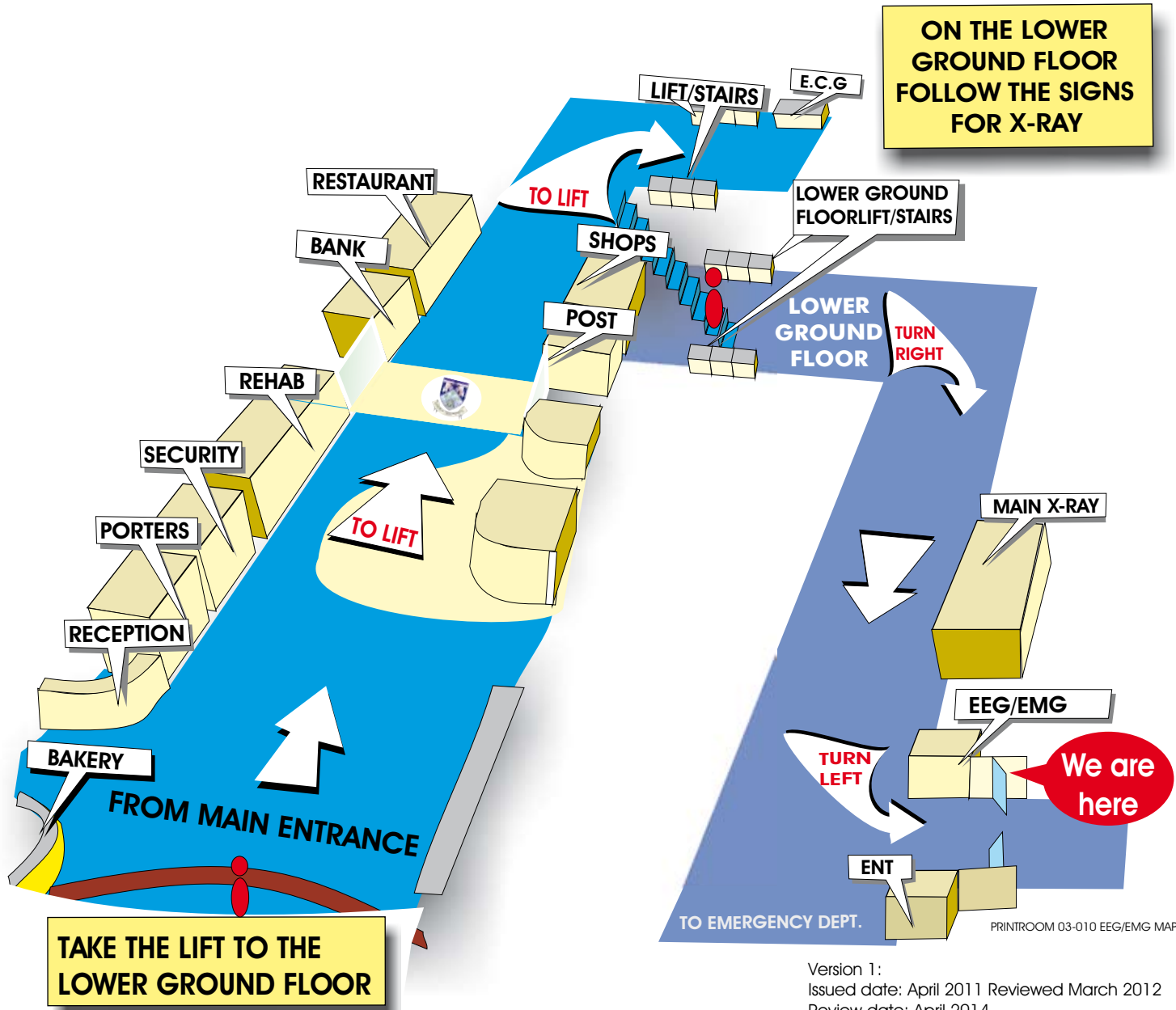


MAP FOR PATIENTS ATTENDING EEG/EMG



Version 1:
 Issued date: April 2011 Reviewed March 2012
 Review date: April 2014
 Author: Neurophysiology Department
 Approved by: Neurophysiology Department

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PRINTROOM PDF 02052012



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WHAT IS AN EEG

Patient Information Leaflet

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Beaumont Hospital is the principal teaching hospital
 for the Royal College of Surgeons in Ireland

SUP245A

What does an EEG stand for?

An electroencephalogram (EEG) is a diagnostic test that records electrical activity of the brain.

Why have an EEG test?

There are many reasons why a doctor may have arranged for you to have an EEG test. The types of problems for which an EEG might be requested include: seizure disorders, learning disorders, dizziness, amnesia (memory problem), staring episodes, and sleep disturbance. An EEG does not measure intelligence, thoughts or feelings.

There are different forms of EEG. In this department the following are performed

- Routine EEG
- Sleep Deprived EEG
- Prolonged EEG

These EEGs are performed in a similar way, though if you are referred for a sleep deprived EEG you will be asked to stay awake for a number of hours on the night prior to the test. Please see below for further details.

How do I prepare for an EEG?

- Unless you are referred for a sleep deprived EEG, go to bed and get up at your usual time
- Avoid coffee, tea or fizzy drinks with caffeine for 24 hours before the EEG
- Eat within 3 hours before your EEG appointment
- Take all your usual medication as normal
- Please bring a list of all your medication on the day of your test
- If you are pregnant please contact us as soon as you receive your appointment letter
- Wash your hair the night before the test; do not put any hair products on after rinsing: no hair spray, gel or hair lotion/cream.
- Give yourself time to get to the hospital, if you are a new patient you will need to

register for a hospital chart

- As there is an extensive waiting list please let us know as **soon as possible** if you are unable to attend your appointment and we will be pleased to arrange an alternative date

Routine EEG

- A neurophysiology technologist will perform the test which will take approximately 1 hour in the Clinical Neurophysiology Department (see map)
- The technologist will place electrodes (disc-like buttons with leads) on your scalp with paste (a gel-like substance) and the electrical activity of the brain is recorded.
- You will need to stay as still and relaxed as possible so that the EEG recording will be clear
- The room will be quiet and the lights will be dimmed. The technologist will give you simple instructions, such as opening and closing your eyes. You will be encouraged to fall asleep during the recording
- No pain or discomfort is felt during the procedure.
- During the test you may be asked to breathe deeply for at least 3 minutes (hyperventilation) and/or look at a bright flickering light (photic stimulation)
- An EEG is routinely accompanied by a video recording which may provide useful additional information.
- The results are not available immediately as the EEG recording is read by a Consultant Neurophysiologist. The report is then sent to the doctor who referred you and he will discuss the result with you at your next appointment

Sleep Deprived EEG

- Please follow all the instructions for a routine EEG as outlined above.

In addition:

- On the night before your appointment for a sleep deprived EEG go to bed at your usual time
- Wake up and stay awake from 3am
- Do not drink tea, coffee or other caffeine containing drinks on morning of test
- It is recommended that you are not alone during the period of sleep deprivation including the night before the test, the day of the test and the night after the test e.g. if your test is on a Tuesday morning you should not be alone from Monday night until Wednesday morning. This is because there is a possible increased risk of a seizure when you are sleep deprived
- We advise that someone accompanies you to and from your appointment
- Do not drive or cycle to or from your appointment or for the rest of the day
- During the sleep deprived EEG you will be made comfortable and encouraged to fall asleep, during which time sleep tracings will be recorded.
- It is best to avoid major physical activity (such as sport, cycling or swimming) in the afternoon after the test

Are there any side effects?

The test is very safe but very rarely a patient may have a seizure which may be triggered by hyperventilation, flashing lights or sleep deprivation. The staff in the department are trained to respond if this happens. This leaflet is designed to give you some information about the test for which you have been referred. If you have any further queries or concerns, you will have the opportunity to discuss same on the day of your appointment with a member of staff prior to the start of the test.