

What Is an EEG?

An **EEG (Electroencephalogram)** is a non-invasive test that measures electrical activity in the brain. It helps diagnose conditions such as epilepsy, sleep disorders, and other neurological issues.

Preparation Instructions

Please follow the guidelines below **at least 24 hours before** your EEG test:

Hair Care:

- Wash your hair the night before or the morning of the test.
- **Do not use hair products** (gels, oils, sprays, conditioners).
- Ensure your hair is clean and dry.

Medications:

- Take your medications as prescribed **unless instructed otherwise** by your doctor.
- Bring a list of all medications you are taking.

Sleep Instructions (for sleep-deprived EEGs only):

- You may be asked to reduce your sleep the night before.
- Follow specific sleep instructions provided by your provider:
 - ☐ No sleep after midnight
 - ☐ Sleep only 4–5 hours
 - ☐ Other: _____

Food & Drink:

- Eat before the test—**do not fast**.


- Avoid caffeine (coffee, tea, soda, energy drinks) for 12 hours before the test.

Clothing:

- Wear comfortable, loose-fitting clothing.
 - Avoid clothes with metal buttons or zippers (may interfere with the EEG).
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During the Test

- You will lie on a bed or recline in a chair.
- Electrodes will be applied to your scalp using a special paste.
- You may be asked to:
 - Breathe deeply
 - Look at flashing lights
 - Rest or try to sleep

 Duration: 30–90 minutes (sometimes longer)

After the Test

- There are **no side effects**.
- You can resume normal activities unless instructed otherwise.
- If sleep-deprived, **arrange for someone to drive you home**.