Ambulatory Electroencephalogram (EEG)

An Electroencephalogram (EEG) measures the electrical activity in the brain.

How is the test done?

An EEG technician will put about 27 electrodes (small metal discs with wires attached that connect to a computer) on your head with a type of glue. The electrodes will be covered with a gauze wrapping. Try not to touch the electrodes or scratch your head. That will help make sure you get the best test results.

The wires connect to a box. You will be given a bag that will hold the box while you are doing the test.

You will get a notebook to write down things that happen during your test.

During the test

Use the notebook to write down your experiences. You should write:

- A description of a seizure, attack or spell when you have one

- The time you had it

- When you eat and sleep

- Other things your doctor asks you to keep track of

Eat what you normally eat. Do not chew gum or eat very chewy candy. A lot of chewing can cause problems with the test results.

Do not shower or take a bath during the test.

Avoid exercise or activities that cause a lot of movement and may cause you to sweat. That might cause problems with the test results.

Try not to touch the electrodes or your head during the test. If an electrode comes loose, you can use a piece of tape to put it back on if you know where it goes. If you are not sure, put it in the bag.

Do **not** let the box hang by the wires. Always keep it in the bag.

After the test

You will return to Bronson Neurodiagnostics approximately 24 hours after the test starts. Bring your notebook to give to the doctor.

A staff member will remove the electrodes. Sometimes you will find some remaining glue after you get home. It will come off after you shower a few times.

If you have questions or concerns, please ask the staff.

Your test results will be reviewed by a technician and a doctor at Bronson. The results will be sent to the doctor who asked for the test. It will be about a week before you will get the test results from your doctor.

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