NEUROLOGY GROUP of BERGEN COUNTY

# Electroencephalogram (EEG)

An Electroencephalogram (EEG) is a safe and pain free test which records the electrical activity of the brain. During the test, the technician will measure your head and make small marks on your scalp with a washable marker. Then, each area will be rubbed gently with a gritty lotion and the electrodes will be applied on the scalp with paste. When all 24 electrodes are applied, the recording will begin. At this point you will be asked to close your eyes and relax until the recording is performed.

The EEG test is recorded on a computer by a technologist and interpreted later by a neurologist.

**Instructions for patients:**

- The test is about one hour long. Please arrive on time for your appointment. If you have any questions or are unable to keep your appointment, please call the office at 201-444-0868.
- Wash your hair the night before the test. The hair should be clean, dry and free of any oils, gel or hairspray. Please let us know if you have hair extensions or wigs
- Take your medications as usual.
- If you are given any instructions about changing your sleep schedule on the day of the EEG, please follow the instructions.
- Please avoid any drinks that contain caffeine on the day of the test, such as, soda, coffee, tea and chocolate.
- At the end of the recording, the electrodes will be removed and the paste will be washed off. However, you will need to wash your hair at home with regular shampoo to remove any paste residue.

Interpretation of your EEG will be done by a neurologist. If your study is abnormal, additional digital analysis will be performed and a separate bill will be submitted to your insurance for this analysis. Your physician will use the information from this test, combined with the rest of your evaluation and testing, to determine the most appropriate diagnosis and treatment plan.

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