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EEG

What is this test?

The test is called EEG. EEG stands for 'Electroencephalogram' which means testing of electrical activity of brain. It is exactly similar to ECG which records electrical activity of heart but takes a little longer time.

What happens during the test?

During the test, you will be lying on an examination table, next to the EEG machine (which looks like a desktop or laptop computer). In the test, electrodes are applied to your scalp with help of a jelly. The electric activity of brain is then recorded by the machine. You may be asked to follow certain instruction like eye opening or closure or breathing heavily by the technician. Please follow them. Try to relax as much as possible during the test. It is preferred (not necessary) that you sleep for some time during the test.

How long does the test last?

On an average, the test takes anywhere between 30 and 45 minutes. At times longer recording is done. In that case your doctor or the technician will inform you accordingly.

What kind of preparations is necessary for the test?

As the electrodes are to scalp, oil may interfere with the results. Hence it is necessary that you wash your hair with water and shampoo prior to the test. You can also clean your head with towel before the test. You do not need to fast. You can drive yourself to and from the test. You need not bring a friend or a relative with you. You can resume your regular activity immediately after the test is completed. You need not stop any of your medications unless told specifically by your doctor.

In case of children, they may not cooperate for the test and need to sleep. Please make sure that the child remains awake for most of the time prior to test so that he/she will sleep naturally during test. A dose of sedative (sleeping medicine) may have to be given



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to the child to ensure good test results. This sedative is mild and the baby would sleep only for few hours after the test.

How soon will I find out the results?

The results are not ready immediately. The doctor has to see and analyze your record. Typically the technician will inform you when you will get the results. It may even take up to 1 day in complicated cases. Be patient for the results.

Will I get any pain or discomfort during the test?

The test is absolutely painless. No injections are given. So do not worry.

What are some problems for which the test is ordered?

EEG is usually ordered when a person is getting fits or suffering from epilepsy. If you have any doubts as to why you need this test, ask your doctor.

How much will the test cost?

It is always best to inquire about cost at the onset. The cost may vary as per center and as per time for which test is done.

Where do I get some additional information about EEG?

- http://www.emedicinehealth.com/electroencephalography_eeg/page2_em.htm
- <http://www.epilepsy.org.uk/info/diagnosis/eeg-electroencephalogram>