

## Electroencephalogram (EEG)

### *What you need to know*

*An electroencephalogram (EEG) is a test that checks how your brain works by measuring your brain waves. EEGs are done by a technologist, and the findings are looked at later by a doctor.*

### **What is an EEG?**

An electroencephalogram (EEG) is a test that checks how your brain works by measuring your brain waves.

### **How should I prepare?**

#### **The Night Before**

- If your doctor ordered a sleeping EEG, you will fall asleep on your own. The night before your test, sleep at least 2 to 4 hours less than you usually do.

#### **The Day of Your Test**

- Make sure your hair and scalp are clean. Do **not** use hair products such as gel, mousse, hairspray, or conditioner.
- Do **not** eat or drink anything that contains **caffeine** such as coffee, tea, chocolate, most soft drinks, and some medicines.
- You may eat and take your regular medicines before and after the test.
- Wear comfortable, loose clothing.

### **How does the test work?**

An EEG test usually takes 1½ to 2 hours. Before the test begins, a technologist will:

- Measure and mark your head
- Rub a gel onto certain spots on your scalp
- Attach small metal discs (*electrodes*)

During the test:

- You will lie on a bed in a quiet room.
- The technologist will ask you to open and close your eyes and do some mental tasks.



*An EEG checks how your brain works by measuring your brain waves.*

- You may be asked to breathe deeply for a few minutes.
- A strobe light will flash above your eyes for a few minutes.
- If the EEG will be done while you are sleeping, you will be allowed to fall asleep on your own.

## How do I get my test results?

A *neurophysiologist* (a doctor who specializes in conditions of the nervous system) will send your test results to your doctor who referred you to us. Your own doctor will talk with you about your results.

## Where will the test be done?

Your test will be done in **Neurodiagnostics**, on the 7th floor of the medical center. Take the Pacific elevator to the 7th floor. Please arrive 5 to 10 minutes before your appointment time and check in at our reception desk in 7-East.

If you need to reschedule your test, please call 206.598.4211.

## How to Find UWMC

UWMC is at 1959 N.E. Pacific St., Seattle, WA 98195. For driving directions, please ask for our handout “Driving Directions and Parking.” You can also find this handout online at:

[https://healthonline.washington.edu/document/health\\_online/pdf/Driving-Directions-Parking.pdf](https://healthonline.washington.edu/document/health_online/pdf/Driving-Directions-Parking.pdf)

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Neurodiagnostics, 7-East:  
206.598.4211, weekdays  
from 8 a.m. to 4 p.m.