

WHAT IS AN EEG?

An EEG (electroencephalogram) is a computer recording of the electrical activity of the brain.

An EEG is a painless test, which does not involve needles and takes about one hour to do.

Your doctor has ordered this test to help with diagnosis and treatment.

THE EEG CANNOT.....

- * Read your mind
- * Give you electric shocks
- * Determine your intelligence

SPECIAL REQUIREMENTS

We ask that you wash and dry your hair on the day of the test. Shampoo and conditioner may be used but gel, mousse, hairspray or hair oil should be avoided as they interfere with the recording.

Medications can be taken as usual, unless otherwise stated by your doctor. You do not have to fast, you may eat and drink as normal.

Please bring your Medicare card, referring letter from your doctor and a list of medications you are currently taking.

THE TESTING PROCEDURE

On arrival at the hospital, you will be taken into the EEG room. You will sit in a chair while an EEG scientist fits you with rubber straps.

Small metal discs, called electrodes, will then have a special gel applied to them and be placed under the rubber hat which holds them in position.

For the test, you will be asked to lie on a comfortable bed and to relax. During the test you will first be asked to open and close your eyes several times. Then the EEG scientist will ask you to close your eyes. .

The EEG scientist may also ask you to do some deep breathing for three minutes and to watch a flashing light. Overall, the test takes about 45minutes to perform. The EEG scientist will not be able to give you the results as the test must be interpreted by a Neurologist. The results will then be forwarded to your Doctor.

CHILDREN

If your child is having an EEG, it is the same procedure as described above.

Children over 3 years of age will be asked to do the deep breathing, however this may not be possible.

It is desirable for children to remain still and quiet during the recording. A child may be happier if they have their favourite toy, blanket, etc. with them during the test.

For babies and toddlers, please bring a bottle and dummy for them to have during the recording as this keeps them quite still. If possible please bring only the child having the test as we have no child care facilities.

SLEEP DEPRIVED EEG

EEG abnormalities can be brought out by being tired (sleep deprived) and falling asleep. If your doctor has requested a sleep recording, you will be asked to stay awake the night before, without the aid of stimulants such as caffeine, Coca-Cola or chocolate. We suggest you eat breakfast (without tea or coffee) immediately prior to coming to the hospital for the test. It is strongly advised that you do not drive yourself to or from the test.

Sleep recordings on children under the age of 14 years also require sleep deprivation, but the amount will be specified at the time the appointment is arranged, according to individual needs.

COSTS

All patients are bulk-billed for this test, so it is important you bring a Medicare card.

If you require further information, please do not hesitate to contact the Neuroscience Laboratory reception anytime Monday to Friday from 8.30a.m. to 5.00 p.m.
on: 9496 2845
Fax (03)9496 4065