Electroencephalography (EEG)

Patient information

Electroencephalography (EEG) involves recording the bioelectrical activity of the brain. The purpose of the examination is to assess brain function and changes occurring within the brain. EEG can help identify potential abnormalities in the functioning of the nervous system.

How should you prepare?

- Do not drink beverages containing caffeine for 8 hours before the examination.
- Do not drink alcohol or use recreational drugs for 24 hours before the examination.
- Wash your hair on the day of the examination or the day before. Do not apply any hair products, such as gel or hairspray. If you dye your hair, wash it 2–3 times between dyeing it and the examination.
- Eat a light meal 1–3 hours before the examination. Make sure you are well-rested and have had enough sleep. Avoid strenuous physical activity beforehand, such as fitness classes, running or working out at the gym. Your doctor may also refer you for an EEG after a night without sleep.

What should you bring?

- The results of any previous EEG examinations.

Medication

- Take all your regular medications on the day of the examination. Inform the specialist performing the examination that you are taking them.

What does the examination involve?

- During the examination, you will remain seated or lying down. The specialist will explain each stage of the procedure.
- Electrodes placed directly on your scalp or attached to a cap will record your brain activity and the frequency of electrical responses occurring in the brain.
- The examination usually takes several dozen minutes. The result is a graph showing your brain waves.