

## Electroencephalogram (EEG)

During this test you will have electrodes attached to your scalp, which will be used to pick up and record the electrical impulses that occur inside your brain. Depending upon your situation, you may be asked to not sleep the night before your test.

This test takes approximately 1-2 hours to complete.

### Preparing for this procedure

- Wash your hair the night before the test; do not use any hair products after shampooing.
- Continue to take your medications; Inform the staff of any medications you are taking.
- No caffeine (coffee, tea or soda) 12 hours before EEG.
- If asked, do not sleep the night before the test.
- Do not take tablets or medications that are designed to keep you awake.

### Sleep-deprived EEG

If your physician orders a sleep-deprived EEG, please check the list below to determine how long you must stay awake prior to the procedure:

#### **0 - 6 years old**

To bed one hour later than normal. Wake up one hour earlier than normal.

#### **6 - 15 years old**

To bed two hours later than normal. Wake up two hours earlier than normal.

#### **15 years old and adult**

Nap before midnight and no sleep after midnight until the test

### Contact us

If you have any questions about the test you have been scheduled for, please call Portage Health's Cardiopulmonary department at (906) 483-1458 between the hours of 7:00 a.m. and 4:00 p.m., Monday through Friday.