



M · I · N · D

MICHIGAN INSTITUTE *for* NEUROLOGICAL DISORDERS

TEL 248 553-0010 FAX 248 553-5957 28595 Orchard Lake Rd • Ste 200 Farmington Hills, MI 48334 MindOnline.com

WHAT TO EXPECT DURING AN EEG

EEG stands for electroencephalogram. It is a recording of the “brainwaves”- the electrical activity of the brain. Small metal discs called electrodes, which are placed on the scalp. You will not feel any discomfort during the EEG. The electrodes do not transmit sensations. The electrical activity of the brain shows as wavy lines on the EEG.

The technician will measure your head and mark your scalp with a special pencil, to indicate where to attach the electrodes. Then those spots on your scalp will be rubbed with a gritty cream to improve the quality of the record.

The technician will attach the flat metal disc electrodes to your scalp using a special cream. The electrodes are connected with wires to a computer; once the electrodes are in place the recording of the EEG will take approximately 30-40 minutes.

You will relax in a comfortable position in the reclining chair with your eyes closed during the test. You will need to remain still throughout the test. At various times, the technician may ask you to open and close your eyes.

You may be asked to perform various special activation procedures.

You may be asked to breathe more deeply than usual taking regular deep breaths in and out for about 3 minutes.

A bright strobe light will be flashed in front of your eyes at different speeds.

At the end of your EEG, the technician will carefully remove all the electrodes and cream from your scalp.

You can expect the procedure to be 1 hour unless it is a special procedure.

After your testing you may resume your normal activities.

Please review our **EEG Preparation Document** for details on how to prepare for an EEG.