



## **ROUTINE EEG**

Routine EEG is a brief (usually 20-40 minutes) and non-invasive test completed in the doctor's office that allows the doctor to view a patient's brain wave activity. The test is often performed on a patient with a known or suspected seizure disorder. Electrodes are placed on pre-measured areas of the scalp, and then removed when the study is over. The presence of electrographic abnormalities or seizure activity during a routine EEG is likely consistent with seizure disorder. On the other hand, a normal study does not rule out an underlying seizure disorder. Often, more prolonged EEG monitoring is required, either by outpatient (ambulatory) continuous EEG monitoring or by inpatient continuous video-EEG monitoring.

## **PREPARING FOR YOUR EEG TEST**

Please arrive at the office at your designated time. The technologist will apply leads to your head using a substance that is washable using warm water. The application, hook-up process and testing will take approximately 1 hour. The test is performed using the latest state of the art equipment.

Eat normally and take your regular medication unless directed otherwise by the Doctor or Nurse.

A parent or guardian should remain with the child at the time of the test. If you do not speak English it would be helpful to arrange for a translator to accompany you.

## **HOW TO PREPARE FOR THE TEST:**

Before the test: If you prefer to cover your head after the hook-up is completed be sure to bring a hat or scarf to use after the test is done.

After the test: Once the test is complete the patient just needs to wash with warm water and shampoo.