

Recording brain activity (baseline EEG) (adults & children)

Clinical Neurophysiology

Information for Patients

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Your/your child's consultant has asked us to do an EEG (Electroencephalogram). This sheet tells you what an EEG is and what you need to know before you come for the appointment.

What is an EEG?

EEG stands for Electroencephalogram. It is a recording of the electrical activity from the brain. It is done to help diagnose patients with:

- suspected epilepsy
- blackouts
- inflammation of the brain
- stroke etc

all of which can alter the function of the brain.

A trained professional in healthcare science (physiologist) will carry out the EEG.

What will I need to do before the EEG?

- Please make sure that the hair is freshly washed. Do not use any styling products.
- Please bring a list of current medication and take these as normal.
- You/your child may eat and drink as normal.

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How long will the EEG last?

Preparation and recording takes about 1 hour.

How is the EEG done?

- The physiologist may measure the head and make some small marks on the scalp with a wax type crayon.
- They will then prepare the skin at these marks with a gritty gel.
- They will attach the electrodes to the scalp with a sticky paste. The recording electrodes are small metal discs, there will be up to 25 in total. 2 electrodes may also be attached to record the heart rate.
- The physiologist will stay in the room during the EEG.
- They will ask questions about your/your child's medical history.
- During the recording you/your child should relax as much as possible and follow any instructions given, for example, to open and close the eyes. You/your child may be asked to do a deep breathing exercise lasting for a few minutes. Rarely, this may cause a seizure or clinical episode.
- The physiologist may show a series of flashing lights. This is to see if this affects the brain activity. Rarely, the flashing light may cause a seizure or clinical episode in people who are sensitive.
- If a seizure or clinical episode does happen, we will take care of you/your child and make sure that you are safe to leave the department.
- With your consent, we will make a digital video recording. This lets us compare movements and behaviour with the recorded brain activity (EEG).
- At the end of the recording the electrodes will be removed. Any remaining sticky paste will be removed when you next wash the hair. This will not hurt.

The EEG is **not** painful. There are no harmful after-effects.

When will I get the results?

You will not get the results on the day of the EEG.

Your/your child's consultant will be sent a report which they will then discuss with you.

Anything else I need to know?

Please let us know if you will be coming by ambulance. We may need to rearrange the appointment.



Contact details

If you need any more information before you come for the appointment, please call the Neurophysiology Department on 0116 258 5621.

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