

## Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

[whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Date published: 20/10/2020  
Review date: 20/10/2022  
Ref: EIM/Neurophys/EEG/01

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# Tests of the brain function Electroencephalogram (EEG)

## A patient's guide



## Introduction

In the clinical neurophysiology department we do various tests which record the electrical activity of the brain and nervous system. These tests are usually done at the request of a doctor to assist them in the diagnosis of your problem.

## What is an EEG (electroencephalogram) test?

This is a test to record the electrical activity in the brain. Small discs attached to wires are placed on the scalp to record and monitor your brain activity on a computer screen. The test is painless and there are no after effects. On average the test takes between 45 minutes and one hour. Part sleep deprived tests can take up to 2 hours. Prolonged tests can take up to 3 hours.

You may be asked to do some deep breathing, and/or look at a flashing light, as part of the test.

## Preparation for an EEG test

- Please ensure your hair is clean with no oil, wax, cream or spray used on the head.
- You can take medicines, and eat and drink as normal. Please bring a list of the medicine you take when you come for the test.
- For part sleep deprived tests please go to bed several hours later the night before, and get up early on the morning of the test as you need to be very tired when you get here.

## Results

All signals for these tests are recorded and stored on a computer. They are later analysed by a consultant and the results sent to the doctor who requested the test, usually within 7-10 days.

## Transport

If you require hospital transport, please contact the transport department between 4 weeks and 2 days before your appointment on **0333 240 4909** to find out if you can apply for this service.

## Understanding English

If you would like an interpreter to be with you for the test, you must contact the department at least ten working days before your test. This is so that we can book an interpreter for you.

## Further information

If you have any questions please telephone clinical neurophysiology on:

**020 7288 5317 / 020 7288 5379.**

Monday to Friday, 9am - 4pm.