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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

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# **Your EEG Outpatient Appointment**

## **How to prepare for your appointment**

- if you are taking regular pills or medicine, please do not stop taking them.
- if you have asthma that requires an inhaler, please bring it with you as it may be needed during the deep-breathing exercise.
- wash and dry your hair but do not use any type of hair-spray, gel, mousse or oil on it.
- meals may be taken as usual.
- you may like to bring a brush or comb to tidy your hair after the test.

## **What is an EEG (Electroencephalograph)?**

An EEG is a test and not a treatment. It is a recording of the natural electrical activity of the brain. We do not use needles and we do not give electric shocks or shave your head.

## **What will happen at your appointment**

We will ask a few questions about your symptoms. Please bring someone along with you to help you answer these questions if you wish. We then attach 24 electrodes to your scalp after making some measurements of your head and marking with a pencil. The electrodes are attached to your head with a sticky paste which easily washes off.

The actual EEG recording process is about 20 minutes long. You should leave the department about one hour after being taken in to the clinic room. You will be able to return to home/work as normal.

## **IMPORTANT**

During the recording we may ask you to:

- a. attempt a short period of deep breathing (hyperventilation)
- b. watch a flashing light (photic stimulation)

You will be asked to give written consent for a video recording before the test starts. There is a very small (less than 0.1%) risk of causing a seizure during photic stimulation. Having a seizure could result in the loss of a driving licence. You may, of course, choose to decline this part of the test.

If you have any questions about your EEG the Physiologist will be happy to answer these during your appointment

## **Result of the test**

The recording is analysed by a Consultant Neurophysiologist and a report is sent to the GP or Consultant who referred you. The result is not available on the day of the test.

## **Department of Clinical Neurophysiology**

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