

## Electroencephalogram (EEG)

### What is an EEG?

An EEG is a test that records brain activity. Brain activity may change with certain conditions or after an injury. The EEG can also show where in the brain these changes occur. This test is safe and painless and lasts about 60 to 90 minutes. The EEG helps your doctor diagnose your condition. It can also help to plan your treatment.

*Check with your  
doctor for test  
results.*

### What do I need to do?

- Avoid food or drinks with caffeine for at least 8 hours before the test.
- Wash your hair on the day of the test. Do not use any hair oil, hair spray or conditioner.
- Remove hair pieces and unbraided hair before the test.
- Bring the following with you:
  - Photo ID.
  - Medical insurance/Medicare card.

### Where do I go?

Come to the Neurological Testing Center (NTC), 7th floor, Galter Pavilion. This is at 201 East Huron Street. Parking is at 222 East Huron Street. For a discounted rate, bring your parking ticket to the NTC for validation.

### What should I expect?

You can lie down on a comfortable bed. The technologist (tech) will ask about your medical history, measure your head, and clean your scalp. Small metal disks (electrodes) will be placed on your head using a creamy paste to keep them in place. These are connected to the EEG machine.

When the test starts, please keep very still and keep your eyes closed. This makes sure that the machine only picks up brain waves, and not other movement. The tech may ask you to take deep breaths and show you flashing lights.

## What happens after the test?

The electrodes will be removed and the paste wiped off. You will need to wash your hair again at home to get all the paste off. Check with your doctor in 5 to 7 business days to discuss the test results and further care.

To learn about the Comprehensive Epilepsy Center, visit [epilepsy.nm.org](http://epilepsy.nm.org).

## Health Information Resources

For more information, visit Northwestern Memorial Hospital's Alberto Culver Health Learning Center. This state-of-the-art health library is located on the 3rd floor of the Galter Pavilion. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Center by calling 312-926-LINK (5465) or by sending an e-mail to [hlc@nm.org](mailto:hlc@nm.org).

For additional information about Northwestern Medicine, please visit our website at [nm.org](http://nm.org).

*Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.*

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital's Patient Representatives Department at 312-926-3112, TDD/TTY 312-926-6363 and/or the Northwestern Medical Group Patient Representatives Department at 312-695-1100, TDD/TTY 312-695-3661.

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900940 (10/15) Electroencephalogram (EEG)