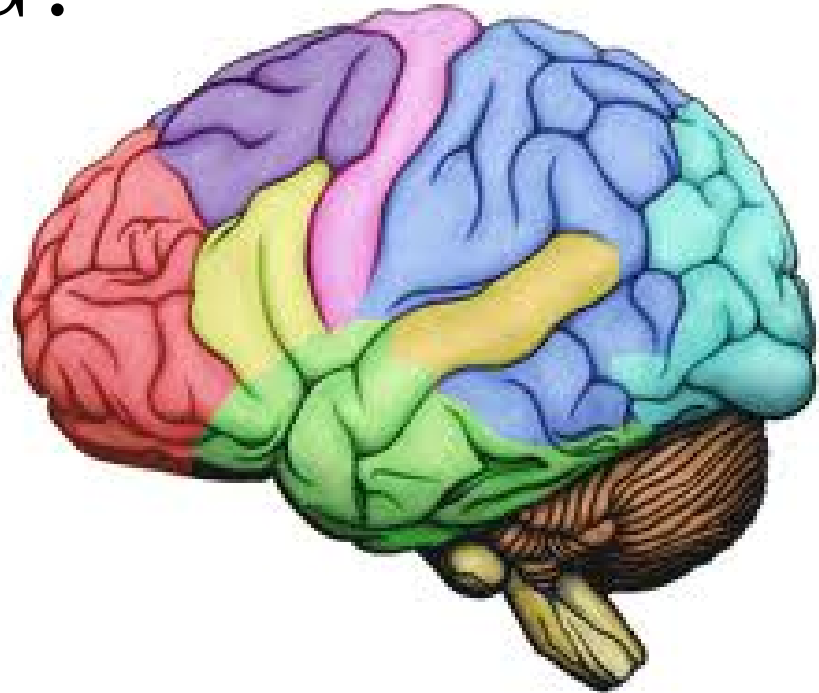


ALL ABOUT YOUR EEG: An Outpatient Electroencephalogram

What is an EEG?



An EEG is a test that helps doctors see how your brain is working.



For your EEG, you will go to the Neurology floor at the hospital. The unit looks like this.



You will sit in the waiting room until you hear your name called.





This is an
EEG
technologist.

A person called an EEG technologist will take you back to a room. Your tech will help you with the EEG.



This is how the room will look. It has a bed, a computer, a camera, and a television. The room also has stickers on the wall. What stickers do you see?



The tech will ask you to get on the bed. Your caregiver can stand next to you by the bed.



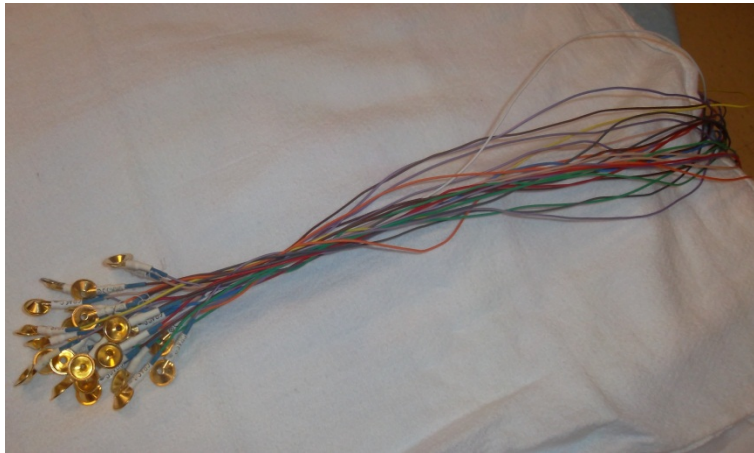
After you are on the bed, the tech will brush your hair. Then, the tech will use a Q-tip to put a special gel on your head.



The Q-tip is very soft and fluffy. There is nothing sharp on it. The gel might feel a little bit cold and wet.



After the tech puts the gel on your hair, she will put some colorful strings on your hair, too. The strings have small buttons on the end of them. Some strings will be taped to your forehead.



You can watch the tech tape the strings on by holding a mirror and looking into it.



You have one job during the EEG, and it is **very** important. You will need to hold still like a statue. Your caregiver can stay by you to help you hold still.



Can you show me how you can hold still?





After all the strings are on, the tech will wrap soft cotton, called gauze, around your head. It will look like you are wearing a white hat.



When you are lying very still on the bed, the tech will turn on a special light called a strobe light. This light blinks on and off very fast. The tech will ask you to close your eyes when the light is on.



The tech might also ask you to blow on a pinwheel.
Can you show me how you take deep breaths?

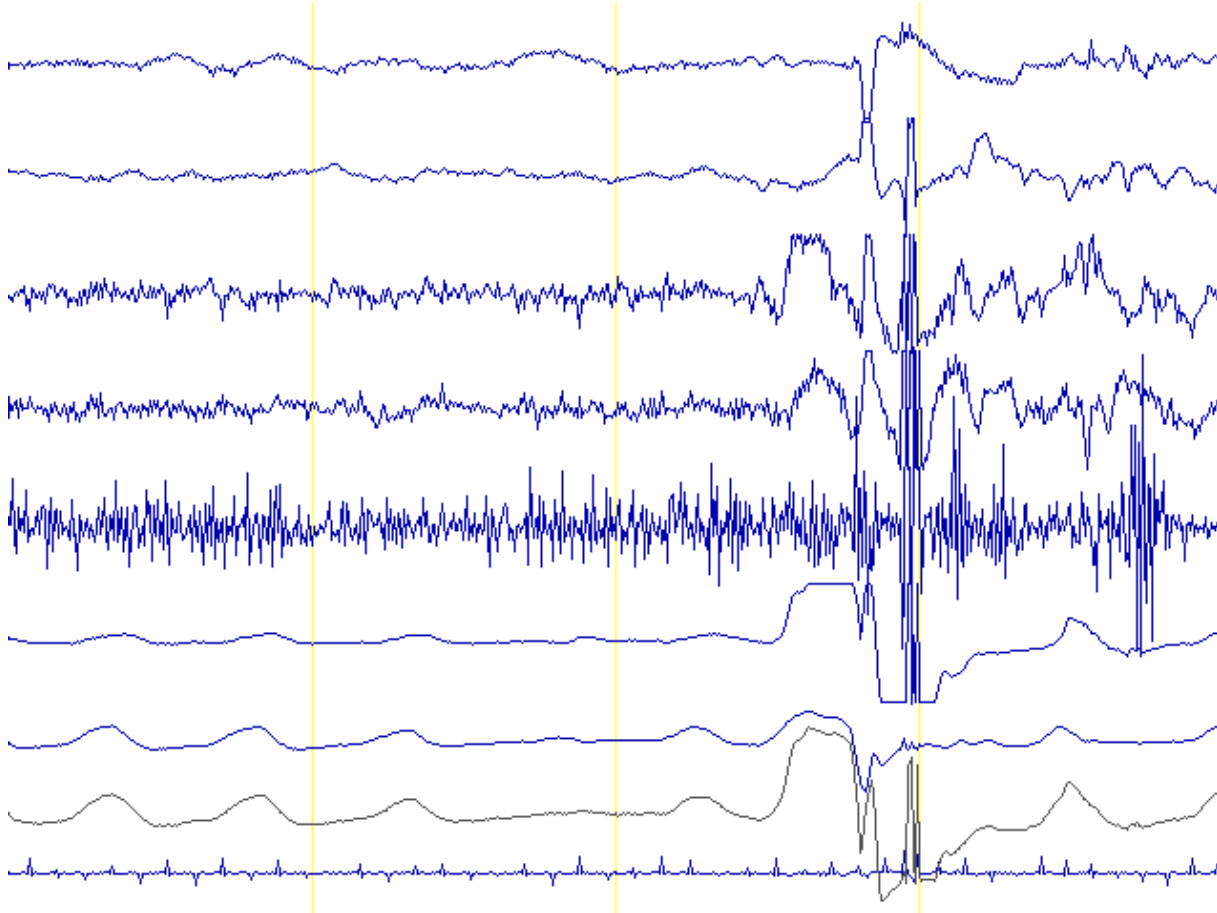




You will lie on the bed for a short time. Your caregiver can stay with you the whole time.



When you're lying on the bed, a computer will look at how your brain is working. Lots of squiggly lines will show up on the computer. The pictures on the computer might look like this.





After the computer makes all the squiggly lines, it will be time to take off the soft cotton. The tech will gently take off the tape and colorful strings, too. The tech might use a wet washcloth to help the tape and strings come off. Almost finished...





After the tech brushes your hair one more time, you can get off the bed, and it will be time to go!

Great Job! 😊

