



# The Neurology Clinic of Washington

*General Neurology, Neuromuscular diseases, Movement disorders, Headaches, Sleep Disorders,  
Electromyography, Botulinum Toxin injections, Sleep Clinic*

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## Preparing for an EEG

1. Eat normally on the day of the test and do not skip meals. Avoid caffeine, which is typically found in coffee, tea or cola because this may alter the test results. There are no other food or fluid restrictions.
2. Your scalp must be accessible; hair weaving that prevents access to the scalp may need to be removed prior to your appointment.
3. Wash your hair before coming to the test and **DO NOT** put anything on the hair, such as gel, grease or hairspray (hair conditioner is okay). Your hair should be clean and dry, which will allow the electrodes to be placed without difficulties. Bring a comb or brush with you to the test, especially if you have long hair.
4. If your doctor ordered a **sleep-deprived EEG**, you are allowed only one-half (1/2) of your normal night's sleep on the night before your EEG appointment.
5. Continue to take your regular medication unless otherwise instructed by your physician.
6. Children are encouraged to bring simple toys to keep busy while electrodes are being attached. Snacks, favorite blankets or pillows may also be helpful. If you think your child may not cooperate with our procedures, please contact us and we will arrange help from a child life specialist.

## What to expect during the EEG test:

1. You will be taken to a specially equipped room where the EEG will be performed. The room contains a bed/chair and the EEG testing equipment.
2. The technologist will measure your head and mark locations to ensure proper placement of the electrodes.
3. The scalp is then prepared by rubbing on a special skin preparation with a cotton-tipped applicator. This helps the electrodes to adhere to the scalp.
4. Electrodes will be attached to the scalp with electrode paste. Electrode paste is odorless and water soluble.
5. You are ready for your EEG. You just relax in bed / recliner chair and sleep if you can. You might be asked to do rapid breathing to induce electrical activity on the EEG.
6. When the EEG is finished, the electrodes will be removed with warm water.
7. **After the EEG:** There are no other side effects, except for messiness in the hair. You will want to shampoo normally at the next opportunity.

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