

SLEEP DEPRIVED EEG Testing Electroencephalogram

EEG testing is used to detect the electrical activity in the brain.

Why am I having this test? EEG tests help rule out abnormal brain activity that can cause seizures and/or confusion. EEG tests are also sometimes used when evaluating other neurological problems such as head injuries, brain tumors, stroke, dementia, inflammation of the brain, and sleeping problems when they are associated with symptoms such as episodes of confusion or altered awareness/consciousness.

What can I expect? Testing is performed by applying small sticky pads/electrodes to your scalp and then tracking and recording the brain wave patterns.

Who performs the test? The test will be conducted by an electroneurodiagnostic technologist and will be reviewed and interpreted by your neurologist.

How long will it take? Expect to be in our office for about 1½ hours for check in, testing and check out.

How do I prepare for test? Please **wake up at MIDNIGHT the night before and stay awake** until you arrive for your appointment. You will be able to sleep during the appointment. In order for the electrodes to stick properly, PLEASE COME WITH CLEAN, DRY HAIR – no hair products such as hairspray or gel should be used and please remove any braids or artificial hair pieces such as extensions prior to the test. You may take medications as prescribed and eat/drink like normal EXCLUDING CAFFEINE. You do not need anyone to accompany or drive you; if you choose to have someone accompany you, they may wait in the waiting area. Please make prior arrangements for childcare as we don't recommend children be in the testing room for their safety as well as yours.

How do I get results? The report will be submitted to your doctor within 3 business days. Your doctor will use this report along with his knowledge of your symptoms and history in order to determine the next step in your care plan.

What does it cost? Insurance coverage of testing varies; it may be covered under your office visit co-pay. Our business office will contact you prior to your appointment to give you a cost estimate so you can be prepared to pay for the testing when you check in for your appointment.

If you have any questions concerning your test, please contact us via the patient portal (a link is available at the top of our webpage) or call us at 817-267-6290.