

Neurophysiology

Electroencephalograph (EEG)

An electroencephalogram (EEG) is a test that records the tiny electrical signals made by your brain. These signals create patterns. If the patterns change, it can help your doctor to find out what is wrong with you.

How is it done?

The clinical physiologist will explain how the recording will take place and answer any questions you may have. They will ask for your permission to use any stimulus (activation procedures), like flashing lights or deep breathing. You will be asked to sign a consent form if you agree to the video recording.

First, the physiologist will measure your head, and then put on some small discs. They will use a special cream to keep the discs in place. You will then need to sit or lie down quietly on the bed for about 20 minutes.

What other measurements are made?

Deep breathing

This may change your brain wave activity, which can help doctors with a diagnosis. You will be asked to take deep breaths for about 3 minutes. This might make you feel light-headed or cause tingling in your lips or fingers. These sensations will go away once you breathe normally again.

Photic stimulation

This part is important for people who might have seizures from flashing



Patient Information

lights. You will look at a bright, flashing light. It is rare, but it can cause a seizure in someone who is sensitive to it. The clinical physiologist will watch the EEG and stop the flashing light if you seem affected.

Video recording

Making a video during the test is helpful because it shows any movements which can affect the test results. The video will be kept private in your medical records.

When you arrive, you will be asked to give your consent to be filmed. If you do not want to be filmed, the test will still be done in the same way.

Preparation for the test

Please make sure your hair is clean and free from gel or hairspray. Check your hair for head lice and treat it beforehand if it is found. The test will not be done if head lice are present.

Where is it done?

On the day of your appointment, please go to the Neurophysiology department on the 4th floor, opposite ward 42, for your EEG. Please bring your appointment letter with you.

Do you need to bring anything with you?

Bring a list of any medicines you are taking and make sure to keep taking them as usual. You might also want to bring a brush or comb and a hat if you want to cover your hair after the test.

Are there any aftereffects?

No, the EEG is painless and there are no aftereffects. You can drive or return to work afterward. Just remember, the cream used during the test might make your hair sticky, so you might want to wash it when you get home.

How will the test be done on small children and babies?

It is important to stay still during the test because movements can interfere with the EEG patterns and make them more difficult to interpret.

Young children and babies can sit on a parent's lap and play with toys or watch videos. You can bring comfort items like snacks or favourite toys to help keep your child calm. Babies can be fed with a bottle or given a dummy during the test.

When will we get the results?

You will not get the results at the end of your visit. A consultant neurophysiologist will review your EEG in detail, and a written report will be sent to the consultant who requested the test. They will give you your results at a follow-up appointment.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the booking centre on 0800 252 060 and they will do their best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

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Document History

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