

## Neurophysiology Department

### EEG Patient Information Leaflet

Your Consultant would like you to have an EEG investigation.

We hope that the following information will help to answer any questions you may have.

#### What is an EEG?

EEG stands for Electroencephalogram. This is a recording of your brain waves (the electrical activity of the brain). The signals appear as wavy lines on a computer screen. In addition, you will be videoed.

An EEG is used to investigate a number of different conditions most commonly being blackouts or fits.

#### What should I do before the test?

- Please wash your hair before you come to the hospital and do not use any hair products (gel, hairspray etc).
- Take your medication as normal unless otherwise directed by your doctor.
- Eat as normal.
- It would be helpful if you would bring a written list of any medication you may be taking.

**On arrival in the department it will be necessary for us to obtain your consent before your investigation begins.**

#### What will happen during the test?

- The clinical physiologist performing the EEG will explain each aspect of the test to you and will be happy to answer any questions you may have.
- You will be sat comfortably on a couch during the EEG.
- First the clinical physiologist will measure your head and mark some points with a soft pencil. Small electrodes will be placed on your scalp using a sticky paste.
- While we are recording your brain waves there will be periods of time when we will ask you to have your eyes open or closed.
- During the test you will be asked to breathe deeply for a short time.
- For part of the test the technician will ask you to watch a flashing light.

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### **How will the results of this test assist my Consultant?**

- An EEG will help your consultant in the diagnosis and management of your complaint or condition.

### **Are there any risks?**

- The deep breathing and viewing of a flashing light will help to bring about any important changes in your brain waves.
- In some people there is a very small chance that the deep breathing or flashing light could result in an epileptic seizure. In the very unlikely event that you do have an epileptic seizure your driving licence would be at risk.
- The clinical physiologist will ask you if you are happy to include the deep breathing and flashing lights as part of the test.

### **Is an EEG Examination painful?**

- No, this is a painless test.

### **How long will the test take?**

- The whole test will take about 60-90 minutes, with the recording taking about 30-45 minutes.

### **What happens after the test?**

- After the recording, the electrodes will be taken off with warm water.
- You will then be able to go home or back to work and carry on as usual.
- There are no after-effects from the test.
- The results will go back to your consultant in approximately 2 weeks.

### **What are the consequences of not having a EEG?**

- A EEG is well established method of helping doctors to diagnose and treat a range of medical conditions.
- Your doctor would not have as complete a picture as they require and hence your diagnosis may take longer and/or your treatment may not be the most appropriate.

### **Are there any alternative ways of getting the same information that a EEG provides?**

- No. However, there are many areas of research taking place and the development of scanning techniques for example may mean that in the future different methods may be available.
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If for any reason you are unable to make this appointment or have any questions please ring 0151 529 5601 as soon as possible.

We welcome feedback about our services. Please tell a member of staff if you felt this service was good or otherwise.

Further information about EEGs is available from numerous organisations including:-

1. UK Epilepsy Helpline: 01494 601400 or visit [www.epilepsynse.org.uk](http://www.epilepsynse.org.uk)
2. Helpline (Freephone): 0808 800 5050 or visit [www.epilepsy.org.uk](http://www.epilepsy.org.uk)
3. [www.neurosupport.org.uk](http://www.neurosupport.org.uk) or ring 0151 298 2999. If you live locally, call into their library at The Mersey Neurological Trust (Neurosupport), Norton Street, Liverpool L2 8LR.

This information can be translated on request or if preferred an interpreter can be arranged for additional information regarding these services please contact the Walton Centre on 0151 525 3611

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一经要求，可对此信息进行翻译，或者如果愿意的话，可以安排口译员。如需这些服务的额外信息，请联络Walton中心，电话是：0151 525 3611。

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