

Desert Neurology

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Encephalogram (EEG):

An EEG is a test that evaluates brain wave activity.

It is used to diagnose and monitor epileptic activity or to help in the evaluation of brain tumors and other neurological conditions. It is a painless, non-invasive procedure.

Patient Instructions:

Please arrive on time for your appointment; if you are more than 15 minutes late you may be asked to reschedule your appointment.

Please do not bring children with you to your appointment.

Prior to the test please wash and dry your hair. Please do not apply cream, oil, gel, spray or mousse to your hair; as they interfere with the test. No weaves (sown or glued); check with the technician about hair extensions.

If you smoke please refrain from smoking until after the test.

You may eat and drink as usual; however do not drink caffeine 8 hours prior to the test. Please avoid chocolate, tea, coffee, soda, as well as other caffeine containing products or medications.

Unless otherwise directed by the doctor take all of your medications as usual. However, if you take sedatives or muscle relaxers like Valium or Ativan please check with the technician ahead of time to determine if you should take them.

If the doctor specifies that he wants a sleep-deprived EEG you will be asked to sleep 4 hours the night before. For sleep deprived EEG's we recommend that someone drives you to and from our office. You may be too sleepy to drive safely.

What to Expect:

A technician will measure your head and place 20 to 27 electrodes on your scalp with a paste. During the test you may be asked to breathe deeply and fast for a period of time and/or look at a flashing light, after which you will be asked to relax and try to sleep for a few minutes.

The EEG appointment takes 60 minutes or longer depending on the doctors' orders.

After the EEG you may resume your daily activities.

The doctor will interpret the EEG results and they will be available to you at your next office visit.

Appointment Date: _____ Appointment Time: _____ Copay:\$ _____

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Encefalograma (EEG)

Un encefalograma mide la actividad eléctrica cerebral (ondas cerebrales) y es utilizado para diagnosticar y monitorizar actividades epilépticas o para ayudar en la evaluación de tumores cerebrales u otras condiciones neurológicas.

Instrucciones para el paciente

Por favor no traiga niños. No fume antes del examen.

Llegue a tiempo, si llega más de 15 minutos tarde se le hará otra cita.

El pelo debe de estar limpio sin ningún aerosol, aceite, gel, espuma o crema suavizante. Ni nada más.

Si el doctor indica un examen privado de sueño, se le pedirá que solo duerma 4 horas la noche anterior. En este caso es preferible que le traiga otra persona que pueda conducir para su seguridad.

Coma y beba como usual pero por favor no tome café, té, soda, chocolate ni ningún otro producto que contenga cafeína 8 horas antes del examen.

Al menos que el médico le contraindique, tome sus medicamentos como usual.

¿Que he de esperar?

Un técnico le medirá la cabeza y le pondrá entre 20-27 electrodos con una pasta conductiva.

Durante el examen es posible que se le pida que respire rápido y profundamente por unos minutos y que mire a una luz. Después se le pedirá que se relaje y trate de dormir un rato.

Un EEG dura 60 minutos o más dependiendo de lo que el médico necesite.

Después del examen puede resumir sus actividades cotidianas inmediatamente.

Solo el médico le puede dar los resultados del examen.

Fecha de cita: _____ Tiempo de cita: _____ Copago: \$ _____