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ADVANCED SLEEP LABS

525 N. Keene St., Suite 302

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Hello! Your provider has ordered an electroencephalogram (“eeg testing”) for you. Below are some basic instructions including our location and a brief overview of the test and what to expect of the EEG test itself.

Please arrive 5-10 minutes prior to your scheduled appointment time. We are located in the Aspen Medical Park (525 N. Keene Street Suite #302, Columbia, MO 65201). Aspen Medical Park is near the intersection of Interstate 70 and Highway 63, across the street from Women’s and Children’s Hospital. The main entrance faces south toward Boone Clinic. Advanced Sleep Labs is located on the third floor of the building. **Please bring a photo ID and your insurance card with you.**

EEG (Electroencephalography)

Electro - electrical

Encephalo - brain

Graphy - written tracing

An EEG is a recording of the electrical activity of the brain. Fluctuating electrical activity produced by the brain is recorded as wavy lines on the computer screen. This tracing is later examined by a physician trained to read and interpret EEG’s.

EEG is a diagnostic tool used to evaluate seizure disorders, metabolic disorders, strokes, infections of the central nervous system (encephalitis, abscesses, etc.), degenerative disorders (Alzheimer’s and Parkinson’s) head trauma, headaches, brain tumors, etc.

Each patient when brought into the EEG lab is asked to give a brief history of their past medical information. The technologist is particularly interested in knowing information about your present illness and why you are having an EEG. With a dark colored china marker (wax pencil/crayon), the technician measures the patients head and marks locations on the scalp, which correspond to different parts of the brain. Small metal discs called electrodes are then attached to the patients scalp with an adhesive paste. The electrodes “pick up” the electrical activity of the brain. The activity is then transmitted through wires where the signals are amplified sufficiently to be seen and interpreted on the recording.

The EEG is painless and typically takes about 1 ½ hours. During the test, you will be asked to lay back, relax, and close your eyes. This is an important part of the exam, which shows the physician how your brain activity responds with your eyes open and closed. You may be asked to breathe through your mouth deeper and faster than normal for a short duration, too. A strobe light, flashing at different speeds, may be used for a brief period of time at the end of the test.

Patients are also encouraged to fall asleep during the test. This can provide useful information, which may or may not be seen while you are awake.

Preparations:

- You should have clean, dry hair. No hairspray, mouse, gel, make-up or oils. This allows for us to obtain a better signal integrity and decreases the need to overly prepare the sites to achieve necessary signals.

- You should eat a meal before your appointment and wear loose fitting tops (no turtlenecks). Button up shirts are the best.
- Prescribed medications should be taken unless otherwise indicated by the physician.
- All prepping agents (wax pencil, paste, etc.) that are used by the technologist during the set up are water soluble and can be easily removed with warm water and shampoo. Your hair may need to be washed after the EEG to remove excess paste. You are welcome to bring your own shampoo and conditioner, as these are NOT provided at the facility.

Additional instructions ONLY if your EEG is ordered as a Sleep Deprived EEG:

- It is preferable that you stay up the entire night prior to testing the next morning, but if you need to sleep, this should be done for no more than two hours between midnight and 4AM.
- Eat a full breakfast prior to the study.
- **NO CAFFEINE** while you are staying up or the morning of the test.

If you have any other questions prior to your test, please call the lab and we will do our best to answer them.

Sincerely,

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