

# Electroencephalography (EEG) Test

Read this booklet to learn:

- what an EEG test is
- how to prepare
- what to expect
- who to call if you have any questions

**You have been scheduled for and EEG:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Come to:**

Toronto Western Hospital  
399 Bathurst Street, Toronto M5T 2S8  
Neurophysiology Lab  
Fell Pavilion – 4th floor (Room 435)



## What is an EEG test?

An electroencephalogram (EEG) is a test that records your brainwaves. You won't feel any pain during the test.

## How do I prepare for this test?

- Bring your health card (OHIP card) to your appointment. If you don't have an OHIP card, please bring another form of government-issued photo ID (such as a driver's licence, passport, or other provincial health card).

**Important:** If you don't bring your OHIP card or photo ID, we may have to reschedule your appointment.

- Take your medicines and eat as you would normally before and after the tests.

For special EEG tests, you may get different instructions. Please follow them.

- Wash and dry your hair before you come for your test.
- Don't use conditioner, sprays, oils or gels in your hair.
- If you have braids or extensions, please tell us. We will let you know if you need to remove them.

## What can I expect during the EEG test?

- You are asked to lie down, relax and stay still for the test. The technologist explains the test and answers any questions you have.
- We clean your scalp with a special cleaner.
- We put about 25 small gold discs (electrodes) on your scalp with a cream.
- The technologist records your brainwaves for about 30 to 40 minutes while you are lying down.

- When the test is over, we remove most of the cream with warm water. You may have to wash your hair with shampoo when you get home to remove any cream that is left.

## **How long is the test?**

You are with the technologist for about 1 hour.

## **What about my test results?**

Our neurologists will look at your EEG results and send them to the doctor that referred you for these tests. This usually takes about 4 weeks.

## **Who do I call if I have any questions?**

If you have any questions please call your doctor or the Neurophysiology Lab at:

Phone: 416 603 5800 extension 2060

Fax: 416 603 7096

**Please call us at least 48 hours before your appointment if you need to cancel.**



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