Patient Preparation Instructions for the EEG test

The EEG is a painless noninvasive test that checks the electrical activity of the brain. An array of about 20 electrodes will be attached to the head with a light water-soluble paste, which will be rinsed out after the test. Normal shampoo will remove any residual paste. The EEG can take from one to two hours.

- You must have clean, dry hair with no added oils, gels, hairspray or other fixatives, and no weaves, wraps, braids, or other attached hairpieces.

- You can eat before the test, but NO caffeine on the day of the test. No coffee, colas, or other caffeinated products.

- NO nicotine prior to your appointment.

- If your Doctor requests a sleep deprived EEG – do not get more than 4 – 5 hours of sleep prior to the EEG. Stay up late the night before and get up early in the morning.

- Take your prescribed medications as directed by your Doctor. Do not take any additional over the counter medications within 12 hours of the test. Do not take a sleeping aid the night before the EEG. Bring a list of your current medications with you.

- At Hilo Medical Center, report to the admitting department in the main lobby to register for the test.

Arrive 15 minutes before your scheduled appointment.

If you cannot keep your appointment, please call the Respiratory Department at 932-3290.