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## **Electroencephalogram (EEG) Preparation**

Why is an EEG performed?

An electroencephalogram (EEG) is a neurological test that measures the electrical signals your brain. The types of problems for which an EEG might be requested include seizure disorders, head injuries, learning problems, headaches, brain tumors, dizziness, amnesia, staring episodes, and sleep disturbances. An EEG does not measure intelligence, thoughts, or feelings. The EEG machine does not send electricity into the brain; it only measures the electricity that your brain produces.

### *Instruction for preparation of EEG test*

- **Inform the doctor of any medications you are taking. You may be advised to stop taking some medications because they may impact the test results.**
- **Please bring a complete list of medications taken on a regular basis with you when you come for your EEG.**
- **You will be asked about your medical history.**
- **Adult-Sleep Deprived is no sleep or less than 4 hours of sleep the prior 24 hours.**
- **Child- Normal test is keep child awake late or get them up early so they are sleepy for test procedure.**
- **Meals- No caffeine for 24 hours. No Alcoholic beverages for 24 hours. Otherwise normal.**
- **Take your normal medications unless instructed otherwise by your doctor.**
- **Wash and dry hair prior to test time. Do not use hair spray, hair tonic, or crème rinse in your hair before test.**
- **No jewelry on neck or ears. If you have dentures you may be asked to remove them for the test.**