

If you are worried about having an EEG and would like to talk to someone, you can contact:

- Your doctor
- Your local Learning Disabilities Team

Having an EEG



This leaflet explains what happens when you go to hospital for an EEG.

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Access to Health Project



Your Partner for Health

An EEG (electroencephalogram) is a recording of the electrical activity of your brain.

It is done in a hospital.

Your brain waves are recorded by a special machine.

This can tell the doctor if there is anything wrong with you.

IMPORTANT: You must wash your hair the day before the test.

You must not put any wax, oil mousse spray or gel on your hair.



- **When the test is finished, you can go.**
- **The results will be sent to the doctor who will explain them to you.**



- The technician will ask you to open and close your eyes.



- The technician might ask you to take some deep breaths.



- The technician might ask you to look at some flashing lights.
- The whole test should take about 1 hour.



- You will be asked to sit down.
- The technician will measure your head and make some marks with a soft pencil.
- Small round disks will be stuck to your head with paste.