

## WHY DO I NEED THIS TEST?

To help diagnose OR rule out conditions such as:

- \* epilepsy
- \* brain tumor
- \* brain injury
- \* cerebral palsy
- \* stroke
- \* liver disease
- \* herpes simplex
- \* kidney disease
- \* sleep disorders
- \* encephalitis (brain inflammation)

When a person is healthy, electrical messages to and from the brain produce certain wave patterns. When a person is ill or injured, electrical messages to and from the brain become blocked or altered. This can

cause changes in the wave patterns produced by the brain. These changes can be used to help detect the location of a problem and its cause.

## BEFORE THE TEST:

The technologist will attach some "clip-on" earring wires to both ears and place a cap on your head that contains wires and electrodes. A conductive gel is applied inside each electrode. You will feel a sensation when the technologist uses a special instrument on your scalp beneath each electrode to ensure a good contact.

## DURING THE TEST:

You will be sitting in a recliner and the room lights will be dimmed. You will be instructed to close your eyes during most of

the test. You may be asked to breathe rapidly and deeply for a few minutes. This may cause a mild dizziness or tingling—a normal response. A flashing light will be placed in front of your eyes for a short time. This may cause you to see various colors and patterns, etc. You will then be asked to "doze off" for the remainder of the test so your brainwaves can be tested while you sleep. You may hear the mouse on the computer "click" during the test. Don't be alarmed, it is simply part of the test.

## PREPARING FOR THE EEG:

1. **Adjust Your Sleep Schedule**  
The night before your Scheduled test, **DO NOT** sleep more than 4 hours.
2. **Avoid Caffeine**  
Do not drink caffeinated coffee or colas 4 hours prior to the test.
3. **Eat shortly before the test.**
4. **Take all medications as usual.**
5. **Hair must be washed AND completely dry before arriving for your test.** Do not use any hairspray, gels or mousse.

Failure to follow these instructions may result in having to reschedule your test.

Your test is scheduled on:

\_\_\_\_\_

at \_\_\_\_\_ a.m./p.m.

Please note: Your test may take up to 90 minutes. Due to the nature of the test, persons accompanying you will need to wait in the waiting room.

We cannot accommodate unaccompanied children in the waiting area, and ask that you make child care arrangements!

Any questions, feel free to call us at:

Dr. Kenneth Root, Jr.  
Dr. Jonathan Hodgson  
2730 S. Val Vista Drive,  
Suite 146  
Gilbert, AZ 85296  
(480) 926-0644

## WHAT IS AN EEG?

It's an  
Electroencephalogram!

"Electro" means electricity.  
"Encephalo" means of the brain.  
"Gram" means to record.

It is sometimes called a brainwave test. It is a test that gives important information about the health and functioning of the brain by recording the electrical impulses of the brain and storing them in the computer. An EEG is performed by a certified technologist and interpreted by Dr. Root, a licensed encephalographer.