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Electroencephalogram (EEG) Appointments

What to expect:

- Your appointment will last 45-75 minutes.
- Most EEGs include short periods of deep or fast breathing, and a short period of flashing lights
- You will be relaxing on a chair. The goal is to be as comfortable as possible, to be able to remain still as possible, for the entire duration of the EEG.

How to prepare:

- Please wear comfortable clothing. You will be resting in the room for about an hour.
- Wash your hair the night before—hair should be dry for appointment. Do NOT use hair products including hair sprays, gels, or creams. Hair should not be in a ponytail or other style.
- Take all medications as usual unless Dr. Bannasch has requested otherwise.
- If told to be sleep deprived, you will sleep for less than 4 or 5 hours the night before your appointment. If you are not told specifically that you are having a sleep-deprived EEG, you may be fully rested for the appointment.
- Do not fast prior to your appointment.
- Plan to turn off your phone and any other distractions during the appointment.

