



## What to Know About Your Electroencephalogram (EEG)

An EEG is a test that detects activity in your brain using small, metal discs called electrodes. These discs are painless and are attached to your scalp with glue during the test.

### Keep in Mind

- Please arrive 30 minutes before your scheduled EEG appointment time. If you arrive more than 15 minutes late, you may be asked to reschedule your appointment.
- For most patients, the entire EEG appointment will take 1 ½ to 2 hours.
- Your EEG may include audio and video recording.

### Visitor Policy

- **Pediatric patients (patients under the age of 18)** - 1 adult will be allowed to be with the child during the test. No other visitors or children will be allowed in the EEG lab.
- **Adult patients** - 1 adult may be allowed into the EEG lab if the patient needs support. No other visitors or children will be allowed in the EEG lab.

## For Outpatient EEG Procedures

There are several ways your EEG will take place. Keep the following instructions in mind.

### Preparing for Your EEG

- Please make sure your hair is clean and dry. It should be free from any oils, gels, hairspray or other hair products.
- Make sure you **do not have any of the following in your hair:** hair pieces, wigs, braids, hair weaves or locs. Otherwise, you may be asked to reschedule your appointment.
- Do **not** eat or drink any caffeine starting at 9 p.m. the day before your scheduled appointment. Examples are coffee, tea, soft drinks, energy drinks, chocolate, etc.
- You may eat normal meals on the day of your appointment.
- Take your medicine as prescribed unless a doctor tells you otherwise.

### Preparing for Your Sleep-Deprived EEG

- The goal for this kind of EEG is for the patient to be drowsy and to fall asleep during the test.
- The night before your test, it is best that you only sleep for 4 hours total. We suggest you go to sleep at midnight and wake up at 4 a.m.

### Preparing for Your Ambulatory EEG

- Please bring a list of your medicines to the appointment.
- Your technologist will attach EEG electrodes to your scalp with glue. The EEG equipment will be sent home with you for 24 to 72 hours depending on how long your doctor wants the test to run.
- We suggest wearing a shirt to the study that is easy to take on and off. An example is a button-down shirt or a shirt that zips. This is so you do not have to pull your shirt over your head with the wires attached to your scalp.
- You will be given a diary to make notes during the test.
- If any electrodes come loose during the test, please write down in your diary what time the electrodes came off. **DO NOT** try to re-glue or reattach the electrodes back on your head.
- Depending on the length of the test, your EEG technologist may ask you to come back to the hospital each day to check the electrodes on your scalp, download the study information and change the equipment's batteries. You will also return on the last day of the test to get the electrodes removed by the EEG technologist.

### Preparing for Your Sedated EEG

- This kind of EEG requires you to have anesthesia (medicine to make you sleep during the test). This means your doctor will ask you not to eat the evening and morning before your test.
- Do not eat any solid foods after midnight the night before your test.
- You may drink clear liquids up to 2 hours before the test. This includes water, clear fruit juice without pulp, and clear carbonated sodas or waters only.
- If you are taking prescribed medicines in the morning, you may take those with a small amount of water the morning of the test.

# Neurodiagnostics Locations

## **Atrium Health Cabarrus**

920 Church St. N. | Concord, NC 28025 | 704-403-3000

Park in the main visitors' parking deck located in front of the main entrance of the hospital (Entry #1). Enter through the main entrance of the hospital (located near the pineapple water fountain). Go to the patient registration located on the right-hand side of the hallway.

## **Atrium Health Carolinas Medical Center**

1000 Blythe Blvd. | Charlotte, NC 28203 | 704-355-2000

Park in the main visitors' parking deck located to the left of the main entrance. Enter through the main entrance of the hospital and proceed to the front desk to receive a visitor badge. Then, take the elevators in the lobby up to the 4th floor and check in at the Radiology Department.

## **Atrium Health Cleveland**

201 E. Grover St. | Shelby, NC 28150 | 980-487-3786

Park in the Outpatient/Surgery Pavilion parking lot. Check in at the front desk for registration.

## **Atrium Health Lincoln**

433 McAlister Road | Lincolnton, NC 28092 | 980-212-2000

Park in the Emergency Department (ED) visitors' parking lot. Enter through the outpatient services entrance located next to the ED entrance and check in at the front desk.

## **Atrium Health Mercy, a facility of Carolinas Medical Center**

2001 Vail Ave. | Charlotte, NC 28207 | 704-304-5000

Park in the main visitors' parking lot located in front of the hospital. Enter through the main entrance of the hospital and check in at the front desk. The front desk will then escort you to the Radiology Department waiting area.

## **Atrium Health Pineville**

10628 Park Road | Charlotte, NC 28210 | 704-667-1000

Park in the main visitors' parking lot located in front of the hospital. Enter through the main entrance and check in at the front desk. They will let the registration department know you are there. Once you are registered, they will escort you to the diagnostic cardiology area.

## **Atrium Health Stanly**

301 Yadkin St. | Albemarle, NC 28001 | 980-323-4000

Park in the "Biven's Outpatient Center" parking lot. Enter through the main entrance of the "Biven's Outpatient Center" and check in at the front desk.

## **Atrium Health Union**

600 Hospital Dr. | Monroe, NC 28112 | 980-993-3100

Park in front of the Outpatient Treatment Pavilion building (Parking Lot J). Enter through the main entrance of the Outpatient Treatment Pavilion and check in at the front desk.

## **Atrium Health University**

8800 N. Tryon St. | Charlotte, NC 28262 | 704-863-6000

Park in the main visitors' parking lot located in front of the hospital. Enter through the main entrance of the hospital and check in at the front desk.

## **Carolinas Neurological Clinic Ballantyne**

15110 John J Delaney Drive, Suite 200 | Charlotte, NC 28277 | 704-631-0644

Park in the visitors parking lot and enter through the main entrance and check in at the front desk.