

## Routine EEG Information for Patients

### What is an EEG?

The test you have been referred for is an EEG (electroencephalography). This test is used to look at your brainwaves and often helps investigate suspected seizures or epilepsy. The test will take about 1 hour. There is minimal discomfort involved and no side effects.

### What Does the Test Involve?

An EEG technologist will be in the room with you during the test. They will ask you some questions about your medical history and the reason you have been referred for the test. Your head will be measured to help determine the placement of 21 electrodes and these areas will be cleaned with an exfoliating gel. The technologist will then place the electrodes on your scalp with a sticky paste. Your heart rate will also be monitored during the test and a video recording will be taken to aid interpretation and diagnosis if you experience an event during the recording. You are welcome to ask questions at any time.

During the test, the technologist will give you some simple instructions to follow. Initially, you will be asked to sit relaxed with your eyes closed. A deep breathing exercise and an exercise to check your sensitivity to flashing lights may also be performed. After the test is finished, electrodes will be removed with warm water, but you may still need to wash your hair with shampoo when you go home to remove any leftover residue from the sticky electrode paste.

### When Will I Get My Results?

The technologist will be unable to comment on the results at the time of the EEG. Instead, a report will be finalised within two weeks following the test and results will be explained to you by your referring doctor.

### How Should I Prepare?

- Hair must be washed with shampoo and dried on the morning of your appointment. It is important to attend the clinic with clean dry hair and no hair products (mousse, gel, wax, oils or lotions, sprays, powders, hair extensions, etc). Hair must be free from head lice or the EEG will not be performed.
- Eat and drink as normal leading up to the test. Avoid any alcohol or excessive caffeine.
- Take all your medications as usual. Do not alter or withhold your medications before the test.
- It may also be handy to bring a list of your medications and results from any previous EEG tests. You may be asked to hand sanitise and wear a mask during your appointment. Physical distancing will be required in the waiting room.

## Getting Here

**Sharp Neurology  
'The William' at St Leonards Square  
Level 4, Suite 405,  
480 Pacific Hwy  
St Leonards NSW 2065**

### **From St Leonards Train Station**

Exit and turn left onto the Pacific Highway. Walk up the hill towards the **City** and cross the Pacific Hwy at the lights near Bo concept/Forty Winks. We are in the same building as Virgin Active Gym. Take the lift to Level 4.

### **Driving**

From the **City** the nearest cross street is left into **Oxley St**.

When approaching from **Artarmon** on the Pacific Highway you cannot turn right into Oxley Street. Therefore, turn left into **Albany St**, then right into **Clarke Lane** and then cross the Pacific Highway into **Oxley St**.

### **Parking**

The entrance to **2 hours free parking** underneath the rear of the building is via **77 Nicholson St**.

Look for the blue sign '**ST LEONARDS SQ CUSTOMER PARKING**' The lifts are at the far-right hand side on B3/B2 and B1 level.

<https://www.wilsonparking.com.au/park/2340-St-Leonards-Square-Car-Park-472-494-Pacific-Highway-St-Leonards>

**Location and parking instructions are also available on our website: [sharpneurology.com.au](http://sharpneurology.com.au)**

**Please allow for extra time to find parking and contact the clinic if you are running late.**

**We may need to reschedule your test if you are running more than 10 minutes late.**

**If you are feeling unwell or experiencing COVID-19 symptoms, please do not attend your appointment.**

**Instead, contact the clinic on (02) 8021 8001 and your appointment will be rescheduled.**

### **Questions?**

If you have further questions about the Routine EEG test or preparation, please email [info@sharpneurology.com](mailto:info@sharpneurology.com) and attention the EEG technologist, or phone the clinic on (02) 8021 8001.

**Routine EEG Test Consent Form**

- I have read and understood the Routine EEG Test Information Sheet and I agree to undergo the Routine EEG test. I understand that digital video and audio will be recorded during the EEG to aid interpretation and diagnosis. Any questions I have asked were answered to my satisfaction.
- I give permission for the collection and disclosure of my information to my general practitioner, family doctor, or any other practitioner or allied health provider involved in my care and management.
- I give permission for the testing to be shown to members of the clinical and medical team with the aim of developing care plans and facilitating the best possible care and management for me.
- I give permission for the information involved in my treatment to be used for research purposes and I am happy to be contacted at a future date regarding research projects.

Full Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_