



**Standard EEG:** An EEG (electroencephalogram) measures the electrical activity of the brain. A registered technician will attach recording electrodes to your scalp with a type of paste. You will be asked to relax during the exam. The technician may ask you to breathe deeply or flash a strobe light during part of the exam. On occasion, you may be asked to remain ***sleep-deprived*** the night before your exam. If so, you may rent some movies to watch or engage in another activity to stay awake. Your test will be scheduled early the next morning. You should probably ask someone to drive you to the exam in order to avoid the dangers associated with driving drowsy. An EEG is of assistance to your physician in diagnosing seizure disorders (epilepsy), causes of confusion/delirium, and degenerative diseases (dementia).

**Preparation:**

Shampoo your hair well and remove all oils and oily hair treatment products. No braids. Hairpieces or wigs may be removed for the exam.

**Sleep-Deprived EEG:** Stay awake after midnight the night prior to your exam. No caffeine or chocolate. Your test will be scheduled early in the morning.

**24-hour Ambulatory EEG:** electrodes will be placed on your scalp as with a standard EEG. However, you will take a portable EEG recorder home with you. You will be responsible for this device. Please insure that it is not damaged and does not get wet.

**SSEP/VEP:** Somatosensory Evoked Potential/Visual Evoked Potential. An SSEP involves giving small electrical shocks to the arms or legs. This test measures the speed of conduction in the brain and spinal cord. You may be administered a sedative for the SSEP. A VEP measures the conduction of light along the visual pathways. You will be asked to stare at a flashing pattern on a monitor. These tests can assist with identifying diseases of the spinal cord or optic nerves.

Diseases detected may include multiple sclerosis, vision disorders, and spinal cord diseases (compression, syrinx, myelitis).

**Preparation:**

Do NOT wear lotions or oils on your skin. If you are scheduled for an SSEP, you will be given a sedative. **DO NOT TAKE THIS UNTIL THE TECHNICIAN IN THE LAB INSTRUCTS YOU TO DO SO!** You will need to arrange for a ride home if sedation is given.

**EMG/NCV**: EMG (electromyography) and NCV (nerve conduction velocity) is actually two tests. Both parts of the test may not always be performed depending upon your problem. The NCV involves delivering a series of small electrical shocks to various nerves in the arms and/or legs. These shocks may produce some tingling or cause your limb to jump. The test is NOT painful. The EMG involves placing a small needle into various muscles to record the electrical activity. This part of the test is mildly uncomfortable. This test will NOT interfere with the function of a pacemaker or internal defibrillator. An EMG/NCV will give your doctor important information about your muscles and nerves. An EMG can assist with the diagnosis of pinched nerves, sciatica, neuropathy, muscle diseases, carpal tunnel syndrome, and causes of numbness and back pain among other things.

Preparation:

**IT IS EXTREMELY IMPORTANT THAT YOU DO NOT WEAR LOTION, OILS, OR OTHER GREASY PRODUCTS ON YOUR SKIN.** These products will interfere with the results of the test and may require rescheduling your examination.