

Patient information factsheet

Adult sleep-deprived electroencephalogram (EEG)

Your doctor has requested that you have a sleep-deprived electroencephalogram (EEG).

A sleep-deprived EEG is not a treatment, but a test designed to help with your diagnosis. It records the natural electrical patterns of the brain, or brainwaves when electrodes are attached to your scalp. It's called 'sleep-deprived' because you will be required to stay awake for the whole night before the test. The test is pain free.

You have been sent an appointment and we have provided the following information so you know how to prepare and what to expect.

Before your test

Before attending your test please make sure you:

- stay awake for the whole night before your test, to ensure you arrive sleep-deprived
- do not drink any tea, coffee or other stimulants which contain caffeine during the night
- continue to take your regular medication
- have a meal the night before and breakfast in the morning as usual

Please arrive with your hair freshly washed and dried and free from hairspray, mousse or gel. This is to ensure the electrodes stick to your scalp. You may wish to bring a comb or hairbrush with you.

You must not drink any tea, coffee or other stimulants which contain caffeine during the night before.

Attending your test

Please arrive on time and allow at least one and a half hours for the test. If you arrive late it may be necessary to rebook your appointment.

It is not advisable to drive after staying up all night so, if you usually drive, please make alternative arrangements. As you will be sleepy we recommend that you bring a family member or friend along with you. However, they will be required to wait outside of the hospital or in the car while you attend your appointment.

During the test

Your head will be measured and marks made with a wax crayon. Your scalp will be prepared with a special cream and up to 30 electrodes attached to your scalp using special sticky paste. Your brainwaves will then be recorded. An electrode will be placed on each shoulder or arm to record your heart rhythm.

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During the recording we may ask you to:

- attempt a short period of deep breathing
- watch a flashing light

You will be asked to give your written consent to these procedures before the test starts. This is to confirm you understand there is a very small risk (less than 1%) of the procedure causing you to have a seizure. Having a seizure could result in the loss of your driving licence. You may, of course, decline this part of the test.

Video images will be recorded at the same time as the EEG activity to help with your diagnosis.

After the test

The specialist performing your test (physiologist) will not be able to give you a result immediately after the test is completed. The results need to be analysed by one of our consultants. The consultant will send a report to your doctor.

Further information

Please feel free to contact the department if there is any information you do not understand. If your appointment is not convenient please phone as soon as possible to rearrange it.

Clinical neurophysiology department

Telephone: **023 8120 6785** (between 8am and 4.30pm, or please leave a message on the answer machine).

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For help preparing for your visit, arranging an interpreter or accessing the hospital please visit **www.uhs.nhs.uk/additionalneeds**