

## Long-term EEG Examination and Preparations

The **EEG (electroencephalogram)** is a painless examination that registers electrical activity of the brain. The examination is used to diagnose seizure symptoms, such as epilepsy and for monitoring their treatment.

A long-term EEG recording records the brain's electrical activity for a period of 24-48 hours. The required recording time is determined patient-specifically.

### Before the examination

To achieve a good electrode contact, your hair should be clean and dry. No hair styling products should be used. Before the examination, you may eat and drink as usual and take your prescribed medication according to your doctor's instructions. Please bring information on all your medications with you to the examination. When arriving for the examination, please wear a button-down shirt and bring headwear, such as a beanie or scarf.

### During the examination

At the beginning of the examination, surface electrodes will be attached to your scalp with water soluble electrode paste. These will then be attached to a mobile recording device that you can carry with you. You will also be given a rucksack for the device. During the recording period, you can go to work or your home or stay in the hospital ward depending on what was agreed upon when booking the

time for the examination. You can move around, work or sleep normally. You should avoid excessive sweating and constant chewing (e.g. gum, mints). You may not shower while recording is taking place.

In order to ensure the recording is successful, it is important that events that take place during it are entered onto a monitoring form. More detailed instructions will be provided when the examination is initiated.

A period of 2 hours has been reserved for the visit at the beginning of the examination. You will return to the department on the morning following the beginning of the examination so that the electrodes can be checked.

If a 48-hour examination is in question, the recording device will be inspected and recording will continue for another 24 hours. A period of 30 minutes has been reserved for the check. If the recording was booked for a period of 24 hours, the electrodes will be removed during this visit. A period of one (1) hour has been reserved for the visit at the end of the examination.

### After the examination

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

## **Other things to note**

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.

If you do not cancel, you will be charged a fine.