

## MEG Examination and Preparations

**MEG (magnetoencephalography, or measurement of the magnetic fields in the brain)** is a painless and harmless examination used to record the magnetic fields produced by electrical activity in the brain. Auditory, visual or sensory stimulation may be given during the scan. The measurement results can be used to determine which parts of the brain were activated during the test and therefore provide information about disturbances in cerebral function, such as epilepsy. An EEG (electroencephalogram) or EEG trace is also often recorded at the same time.

### Preparation for examination

Prepare by waking up at 4am on the morning of the test.

- Your hair and face must be clean. Do not use any hair styling products, make-up or nail polish.
- Watches, jewelry and any clothing containing metal, as well as dentures, must be removed before the test.
- If you have metal inside your body (e.g. piercings, a hip screw, orthodontic braces, or a pacemaker), please notify us before you attend the test:
  - o tel. + 358 (0)9 471 75696,  
(8.00am – 3.00pm)

Before the examination, you may eat and drink as usual and take your prescribed medication according to your doctor's instructions. Please take information about your medication with you to the examination.

### Examination

The brain's magnetic fields are very weak, so the test is carried out in a magnetically shielded room. The measurement takes place with the patient in a sitting or lying position; please see the photos below.

During the test, several electrodes will be attached to your face to register your eye movements. If an EEG is to be carried out at the same time, an electrode cap will be placed on your head. Some of the water-based contact lubricant used during the EEG may remain in your hair after the test, but it can easily be washed out at home. The EEG electrodes may leave temporary depressions in the skin. If you like, you can bring along a hat to cover them.

The test will last approximately 3-6 hours. If necessary, a nurse or carer can be present in the shielded room throughout the test.

### After the examination

The doctor in charge of your care will inform you of the results of the examination. If you have not already been booked for an appointment or for a phone consultation, please contact the unit treating you in order to obtain the results.

## Other things to note

Please take your health insurance card (Kela card) or identity card with you.

If you are unable to come to the examination at the scheduled time, please notify us according to the instructions provided in the letter for patients coming to an examination. A separate fee will be charged for missed examinations which have not been cancelled beforehand.

## An MEG is carried out with the patient in a sitting or lying position

