

## EEG examination

### Introduction

An EEG (Electroencephalogram) examination is a test to assess brain activity.

It is possible to register brain activity because nerve cells produce a small amount of electricity. This is recorded by the EEG machine. The examination is not dangerous.

Please pay attention to the following points:

- Make sure your hair is clean and dry.
- Do not use any hairspray, oil or gel.
- Do not wear any jewellery, especially earrings.
- You can potentially keep hearing aids in, depending on their size.
- If you have hair braids, extensions, dreadlocks, braided hairpieces or similar, please contact us before the EEG examination.

On the day of the examination, report at the appointment time to the Neurology Outpatient Clinic (A 03).

### Preparation

Preparation will take around 10 minutes. First, a cap is placed on your head, which is an elastic hat with 20 electrodes attached to it. To enable good contact between the electrodes and the scalp, a conducting paste is sprayed onto the scalp with a syringe with a blunt needle through a hole in the electrode. This can be a bit painful. Once this preparation is finished, the examination can begin.

### Examination

During the examination, you will be asked to open and close your eyes now and then. You will also be asked to sigh deeply and continuously for about three minutes. A strobe light is also used. This is a special lamp that is placed in front of your eyes which will flash slowly and then faster.

### Duration

In total, the EEG examination will take around 50 minutes.

### The results

You will receive the results from the neurologist.

### Questions

If you have any other questions, please get in touch with the Clinical Neurophysiology department on 020 - 755 7032.

### Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via [voorlichting@zha.nl](mailto:voorlichting@zha.nl).