



Electroencephalography (EEG)



Changi
General Hospital
SingHealth



What is an Electroencephalography (EEG)?

An electroencephalography is a test that records the electrical activity of the brain. It is used to diagnose the presence and type of seizure disorders, find causes of altered mental state, and evaluate tumours, head injuries, infection and metabolic disturbances that affect the brain. The test is not a substitute for the professional diagnosis of any mental health condition.

What should I prepare before the test?

- Wash your hair the night before the test.
- Do not use any hair care products such as oils, sprays or styling gels before the test.
- Avoid foods or beverages containing caffeine for at least eight hours before the test.

Depending on the clinical questions to be addressed, your doctor may ask you to reduce your sleep duration the night before the test for a sleep-deprived EEG. There could be instances where you will need to refrain from sleeping for at least 16 hours before the test.

How is the test done?

The test is estimated to take about 60 to 90 minutes, and will be done in a quiet room.

Your head will first be measured, and small markings will be made on your scalp to demarcate the sites for electrode placement. At each electrode location, your scalp will be cleaned with a mildly abrasive gel. The electrodes are then attached to the scalp with a special paste. The EEG machine will record your brain's electrical activity.

During the test, you will be asked to keep your eyes closed. You may be asked to open and close your eyes intermittently, breathe deeply and rapidly for several minutes and look at a bright flickering light.

Is the test safe?

The test is generally safe. Although it may feel strange having electrodes on your scalp, they only record activity and do not produce any sensation.

Can I take the test if I am not feeling well?

You should not proceed with the test if you have a fever, cold, respiratory tract infection or feeling unwell.

Please call the CGH Appointment Centre at 6850 3333 to reschedule your appointment. Do check with your doctor if you have any concerns.





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CGH Appointment Centre

For appointments and enquiries,
please call: (65) 6850 3333

Operating hours:

8.30 am to 8.00 pm (Monday to Friday)

8.30 am to 12.30 pm (Saturday & Sunday)

Closed on Public Holiday

For more information, please visit www.cgh.com.sg



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Information is valid as of October 2020 and subject to revision without prior notice.

All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered.

Please do not disregard the professional advice of your doctor.