

Electroneurodiagnostics is the study and recording of electrical activity in the brain and nervous system.

Electroneurodiagnostic testing is not painful and assists physicians in the diagnosis of a variety of neurological problems from common headaches and dizziness to seizure disorders, strokes, and degenerative brain disease. EEGs are also used to determine organic causes of psychiatric symptoms and disabilities in children.

EEG

An **electroencephalogram (EEG)** records the electrical activity of the brain. Monitoring equipment records the brain's electrical activity through electrodes that are placed at measured intervals on a patient's scalp. The head is measured, and electrodes are placed on the scalp with a paste-like substance. The principal role of the patient is simply to remain still, relaxed, and comfortable. EEG testing takes approximately 1 hour.

Activation procedures during the test may include:

- repeated deep breaths (called hyperventilation)
- photic stimulation, in which a strobe light flashes at different speeds
- sleep recordings

EEG Testing Instructions

- Clean, dry hair, with no hair products (e.g., conditioners, sprays, gels, mousse, etc.).
- Take medications as prescribed unless directed otherwise by your doctor.
- No makeup on your forehead.
- Eat a complete meal before testing.

24-Hour Ambulatory EEG

An **ambulatory EEG** records brain activity for 24 hours. Electrodes are applied to the scalp with a paste-like substance and a gauze tape securing them. The head is wrapped to protect the electrodes. Patients are then required to keep a diary of daily events. Hook-up for the testing takes approximately 1 hour.



24-Hour EEG Testing Instructions

- **CLEAN, DRY** hair, with **NO HAIR PRODUCTS** (conditioners, sprays, gels, mousse, etc.).
- Take medications as prescribed unless directed otherwise by your doctor.
- No makeup on your forehead.
- **WEAR A SHIRT THAT BUTTONS OR ZIPS DOWN THE FRONT.**
- **NO HATS.** Scarves, bandanas, or knit ski-type hats are suggested.
- Cell phones or portable phones can only be used on speaker—you will not be able to put them to your ear or close to your mouth. Earphones that have no antennas can be used.

Sleep EEG

A **sleep-deprived EEG** is an EEG performed on a patient who has had a *lessthan-normal* amount of sleep. Electrodes are attached to the patient's scalp and record the brain's electrical impulses. This recorded electrical activity appears on a computer screen for the neurologist's assessment. Though most EEGs are conducted on patients who are awake, some are performed while a patient is sleeping. A sleep-deprived EEG is intended to analyze how the brain's electrical activity differs when a patient is awake and has not received sufficient sleep.

It's important that patients be very tired when they arrive for a sleep-deprived EEG. Therefore, adults are typically advised to stay up for the entire night before the test and avoid napping during the day. They are permitted to eat and drink during the night and to have breakfast before arriving for their test. However, patients are advised to avoid caffeine during the night and until after the test is performed.

Sleep EEG Testing Instructions

- Clean, dry hair, with no hair products (e.g., conditioners, sprays, gels, mousse, etc.).
- Take medications as prescribed unless directed otherwise by your doctor.
- No makeup on your forehead.
- Eat a complete meal before testing.
- No more than 4 hours' sleep. It is preferable to sleep from 12 to 4:00 AM.
- **NO CAFFEINE OR CHOCOLATE BEFORE TESTING.**
- No over-the-counter medications with stimulants (e.g., Excedrin®).

Neurophysiology Staff



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Associated Neurologists, P.C. offers patients advanced diagnostic and treatment services for all neurological conditions. Our providers are available for consultations and second opinions as well as ongoing management of chronic neurological and rehabilitative needs. We treat adults, adolescents, children, and infants. Our patients receive compassionate, quality care from our highly trained neurological staff. Associated Neurologists' main office is in Danbury, and we also have satellite offices in Southbury, Waterbury, and New Milford, Connecticut.

Our practice includes:

- Board-Certified Neurologists
- Certified Physician Assistants
- Licensed Clinical Neuropsychologists
- Licensed Clinical Psychologists
- Licensed Physical Therapists (PTs) and PT Assistants
- Registered EEG Technologist

Our specialists also offer:

- Neuropsychological Testing
- Behavioral Medicine
- Physical Therapy
- Balance Testing and Vestibular Therapy
- Comprehensive Concussion Management
- EMGs

We also conduct a wide range of clinical studies that explore new research treatments for many neurological conditions. Please contact our office and visit our website for information on research studies that are currently enrolling.



Associated Neurologists, P.C.
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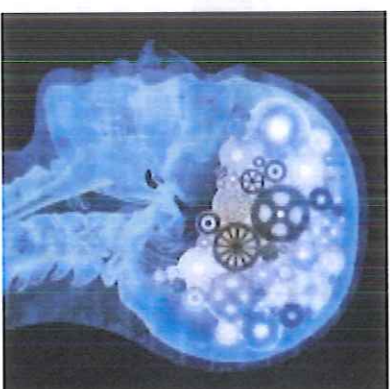
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EEG Testing



Test Type(s): EEG / 24-Hr EEG / SEEG

Appointment Date: _____

Appointment Time: _____

Questions about your appointment? Contact us at (203) 748-2551, extension 372.

- Please do not bring children with you who are not being tested.
- **MINORS** need to be accompanied by an adult.
- Patients will receive an appointment reminder call 2 days before scheduled appointments.
- There is no sedation for pediatric patients.
- A prescription order is needed to perform testing.
- Routine EEG results are available in 2 business days. 24-hr Ambulatory EEG results are available in 5 business days.