

Patient Instructions

Outpatient EEG

What is an EEG?

An electroencephalogram or EEG is a painless, non-invasive test that detects and records the electrical activity of your brain by tracking and recording brain wave patterns. Small metal discs or electrodes with thin wires are placed on your scalp and send signals to a computer to record the results.



How do I prepare?

1. An EEG requires that a conductive cream be applied with the electrodes to different places on your scalp. Your hair needs to be clean and dry with no oils, hairspray, or other product in it. Also, please remove wigs, weaves, or extensions as we need to get to specific areas on the scalp to apply the electrodes. You may want to bring a cap or scarf for after the procedure since your hair may be messy.
2. Wear comfortable clothing.
3. Refrain from caffeinated beverages for 12 hours before your test procedure. You may eat as usual, just no caffeine.
4. Take your scheduled medications, as directed.
5. Obtain a restful sleep the night before, unless you have been instructed to be sleep-deprived.
6. If you have been instructed to be sleep-deprived, please awaken by 2 a.m. on the day of your test and stay awake until you have your procedure done.
7. Our exam room does not accommodate children, so please arrange for child care.

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Day of the procedure

Please arrive 20 minutes prior to your scheduled exam to check in and fill out paperwork.

The technologist will instruct you as to what to do during the test and you will be allowed to nap.

The procedure will take up to 2 hours from start to finish.

Location and Parking

UT Southwestern Neurology Clinic on the UT Southwestern campus
James W. Aston Ambulatory Care Center
5303 Harry Hines Blvd #106, Dallas, TX 75390

Valet parking is available at the Aston building. Pull into the driveway from Harry Hines Blvd. and parking attendants will direct you to the valet area near the building's front doors.

