

ELECTROENCEPHALOGRAPHY TEST (EEG) INSTRUCTIONS

Please arrive 20 minutes prior to the time of your test.

Please read all instructions thoroughly and refer to your order for the test for which you are scheduled.

An Electroencephalogram (EEG) is a recording of electrical activity produced from the brain. Approximately 21 disc electrodes are placed onto your scalp with sticky conductive paste and two EKG electrodes are placed on your chest to record your heart rate simultaneously. There are two activation procedures performed.

1. A strobe light will be placed in front of your face over your closed eyes, and will flash for approximately three minutes, in increasing frequencies every ten seconds.
2. Perform 3 minutes of deep breathing (unless you are unable due to health reasons).

The remainder of the test is performed while you are resting or sleeping.

IMPORTANT (please refer to your test order)

1. **ROUTINE EEG (EEG) or ROUTINE EEG with T1 T2 Leads** (*allow approximately 1.5 hours*)
Only have **6 hours of sleep** the night before the test and refrain from caffeine (i.e. coffee, tea, chocolate) on the day of the test.
2. **SLEEP DEPRIVED EEG (SDTT)** (*allow approximately 1.5 hours*)
Only have **4 hours of sleep** the night before the test, in order to be able to sleep during the testing. Refrain from caffeine (i.e. coffee, tea, chocolate) on the day of the test.

PATIENT INSTRUCTIONS:

- A. HAIR CARE:** Wash and dry your hair thoroughly the day of the test. **Do not use any hair products** (hairspray, oils, gel, etc.) because they may impact the quality of the test. **NO dreadlocks, hair extensions, cornrows, or attached toupees**, as they may impact the placement of the electrodes in the required areas and may cause your appointment to be rescheduled.
- B. MEDICATIONS:** Please take all your medications unless otherwise instructed by your physician.
- C. MEALS:** No caffeine the day of your appointment (coffee, chocolate, colas, etc.). Decaffeinated beverages are allowed. Otherwise, please eat your regular meals.
- D. ILLNESS:** If you are coughing or sneezing in excess due to illness and/or allergies, please reschedule your appointment, as this impacts the quality of the test.
- E. CLOTHES:** Wear a shirt with a loose opening at the neck. No turtlenecks.

SEDATIVE: If you are given a mild sedative (melatonin, an over-the-counter sleep aid) to help you sleep during the sleep deprived EEG test performed in the office, you cannot drive for 8 hours following the test and will require a driver to drive you home.

Please allow 10 business days for the results of this test to be available to your doctor.

Please do not bring children to testing appointments.

A \$100.00 fee is charged for all appointments missed or not cancelled 48 hours in advance.