

ELECTROENCEPHALOGRAPHY TEST (EEG) INSTRUCTIONS

An Electroencephalogram (EEG) is a recording of electrical activity produced from the brain. Please read all instructions thoroughly and refer to your order to know which test you are scheduled to have.

Important:

- 1. ROUTINE EEG (EEG) or ROUTINE EEG with T1 T2 Leads (allow approximately 1.5 hours):**
 - a. 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):**
 - a. 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.
- 3. SEDATIVE:**
 - a. 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 call 703-876-0800 for our answering service and ask to be connected to the office if you have an 8:00 a.m. appointment and you are running late or are unable to keep your appointment on the day of the test. A \$100.00 fee is charged for all missed appointments or appointments not cancelled 48 hours in advance.

Patient instructions:

- **Arrival:**
 - Please arrive 20 minutes prior to the time of your test.
- **Hair care:**
 - **Wash and dry your hair thoroughly on the day of the test.** Do not use any hair products (hairspray, oils, gel, masks, conditioners, lotions, etc.) because they may impact the quality of the test.
- NO dreadlocks, hair extensions, cornrows, weaves, attached toupees or other attached hair pieces, as they can interfere with proper electrode placement on the scalp. Failure to comply may result in your appointment being rescheduled.
- **Medications:**
 - Please take all your medications unless otherwise instructed by your physician.
- **Meals:**
 - No caffeine the day of your appointment (coffee, chocolate, colas, etc.). Decaffeinated beverages are allowed. Otherwise, please eat your regular meals.
- **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.
- **Clothes:**
 - Wear a shirt with a loose opening at the neck. No turtlenecks.
- 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.
- Please do not bring food or drink to your testing appointment.

ELECTROENCEPHALOGRAPHY (EEG)

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.

If your insurance company requires an insurance referral be sure you have obtained this prior to the time of your appointment.

A \$100 fee is charged for all appointments that are missed or not cancelled 48 hours in advance.