

PATIENT INSTRUCTIONS FOR EEG

To prepare for an EEG you should do the following:

- Take all medications as normal prior to your EEG.
- You may eat normally the day of the test, but please avoid eating or drinking anything containing caffeine (coffee, tea, soda, chocolate) for at least eight hours before the test.
- Wash your hair the night before your EEG with shampoo only. Don't put any conditioner, cream, or gel in your hair.
- The EEG is not a painful test and should last approximately one (1) hour with the technician.
- If you are having a series of three separate EEG's performed, the first EEG being a sleep-deprived EEG, you will be asked to stay awake the night before the EEG from midnight until you arrive at the clinic for your EEG. If you manage to fall asleep briefly while trying to stay awake, don't worry, please continue to come in for your sleep-deprived EEG just the same.
- Please arrange transportation to your sleep-deprived EEG, because you are likely to be drowsy during and after the sleep-deprived EEG, it is in your best interest to arrange for someone else to drive you to and from the testing. Again, this is recommended for your safety.
- No family members will be allowed to come back with you for your EEG appointment.
(an exception can be made in extreme/special circumstances).

