

EEG Instructions

The duration of the test is typically 1 – 2 hours. Please be prepared to be relaxed/try to go to sleep during the EEG.

It is best to schedule the test around the patient's naptime or resting time. If you typically have an episode at certain time of the day, please try to schedule at that time. Although ideal to capture sleep, it is not a requirement in order to complete the test.

Parents of minors should be prepared to remain in the office or exam room for the entire recording time. Please avoid bringing small children that may be a disruption to the patient. Please make proper arrangements.

Bring items that best help relax the patient or help them feel comfortable during naptime. Some examples are favorite blanket, stuffed animal, pacifier, toy, or bottle.

Bring medication bottles or updated medication list the patient is taking with you to the appointment.

****Do not change your normal daily and nightly routines for your EEG appointment except where noted below:**

- **Hair should be clean and DRY with no conditioner, styling cream/gel/mousse/hair spray.**
 - **Hair should be down – no braids, ponytails, etc.**
- **Hair should not be dyed/colored within 2 weeks of scheduled time – Please contact our office to reschedule if hair has been dyed within this timeframe.**
- **Do not wear makeup, face lotion or cream to the appointment.**
- **Piercings must be removed from ears, head, and neck prior to testing.**
- **No caffeine after 6:00 p.m. the night before test (no coffee, tea, chocolate, colas, energy drinks).**
- **Take medications as prescribed unless otherwise directed by the ordering provider.**
- **It is not necessary to take medication to help the patient relax/sleep unless otherwise directed by the ordering provider.**
- **Eat normal meals (avoiding caffeine) unless otherwise directed by the ordering provider.**
- **Bring a blanket or warm throw as exam rooms can be chilly.**
- **Electronic devices are not to be used during the test.**