



Electroencephalograms (EEG)

Patient Instructions:

For ALL EEGs

- This is a painless procedure! Plan on 60-90 minutes for your EEG.
- EEG is performed by one of our ABRET (Board Certified) EEG technicians.
- Please shampoo your hair the night before the test; do NOT use conditioner, gel, hairspray or other styling products.
- Eat a normal meal at your usual mealtime before the test.
- Avoid caffeine, coffee, tea, chocolate, soft drinks and alcohol for 12 hours prior to the test.
- Take your daily medications as usual, unless advised differently by your physician.

For SLEEP DEPRIVED EEGs

- **Unless instructed otherwise**, most EEGs will require you to be sleep deprived. This is a very important part of preparing for your EEG recording.
- Please arrange to have someone drive you **to and from** the EEG testing session.
- For adults (and children over 8 years of age), **having only 0-2 hours of sleep is best on the night before your EEG test** because this lack of sleep increases the sensitivity (likelihood) of evoking electrical abnormalities.
- For children under 8 years of age, parents are asked to keep your child awake as late as possible the night before the test, AND to wake up your child at 4a.m. on the morning of the EEG. **Please try to keep your child awake during the drive to the appointment!**

SPECIAL INSTRUCTIONS FOR INFANT AND TODDLER EEGS

- Please feel free to bring along a small stuffed animal or favorite cuddly -blanket to help your child feel comfortable and cozy during the test.
- Please encourage your child to use the restroom (or please put a fresh diaper on your infant) just before your child's appointment time to help them feel comfortable.