



Please arrive 15 minutes before your appointment to register.

You must bring your Health card and a list of Medications, if you take anything.

EEG APPOINTMENT DATE: _____

An electroencephalogram (EEG) helps analyze brain wave function. Electrodes/probes placed on the scalp to record the brain's electrical impulses.

How do I prepare for my EEG appointment(Electro-EncephaloGram)

- Discuss any medicines you are taking with your doctor before your procedure.
- Continue to take any anticonvulsant medications you have been prescribed (unless your Doctor specifically tells you otherwise).
- Wash your hair the night before the test.
- Do not use hair cream, oils, or spray.
- Do not consume caffeinated drinks or chocolate at least two hours before the test.

What happens during the EEG?

- You lie down on a bed while about 31 to 35 electrodes are attached to your scalp and side of your face with mild-abrasive fluid (NuPrep).
- Next a hypo-allergenic sticky conductive paste is applied (Ten 20). This paste is washable with water, but you may need to wash your hair after the test.
- You may want to bring a hat, bandana or anything to cover your head, as your hairstyle will not look the same as when you arrived and your scalp will feel sticky.
- Try to relax and lie first with your eyes open, then closed. The technician will walk you through this.
- The technologist may ask you to breathe deeply and rapidly. A white strobe lamp will flash at 1 Hz - 60Hz frequency at a predetermined interval. Both of these activities produce changes in brain-wave patterns.
- An EEG procedure is a video procedure and will be recorded the entire time during the test. This allows for better interpretation of brain wave function and the correlation of brain activity with physical movements.

Routine EEG instructions

- Washed and clean hair.
- No makeup.
- No coffee, tea, or chocolates at least two hours before.
- Please keep electronic devices in silent mode.
- Relaxation and sleep are essential for the test's optimal results. Please do not bring young kids, if possible.
- If you are taking medications, continue all medicines as required.



Sleep-Deprived EEG instructions

Sleep deprivation (not enough sleep) is essential in gaining as much information as possible from the EEG test.

Instructions – 13 Years and Older

- Please follow all of the above instructions for routine EEG. **We also require you to not sleep for at least 24 hours before the test.**
- Arrange to have somebody drive you to and from the Office.
- There can be anxiety and emotions in both kids and parents if they present for the test the first time. With the help and cooperation from parents, we can get through the test, which is easier than it sounds. For example, you can bring anything, an iPad or cell phone to watch videos or play games, blankets, toys, pacifiers, etc.
- Mothers can feed their babies during the test, including breastfeeding. Please remember that we record video during the test and you will continue to be recorded while breastfeeding.

Instructions – 6 Years – 12 Years Old

- Please follow all of the above instructions for routine EEG. **We also require you to wake your child up at 2:00 a.m the night before the test and keep your child awake until their appointment.**
- There can be anxiety and emotions in both kids and parents if they present for the test the first time. With the help and cooperation from parents, we can get through the test, which is easier than it sounds. For example, you can bring anything, an iPad or cell phone to watch videos or play games, blankets, toys, pacifiers, etc.
- Mothers can feed their babies during the test, including breastfeeding. Please remember that we record video during the test and you will continue to be recorded while breastfeeding.

Instructions for All Children

- Do NOT give any sedatives (sleeping medicine) **within 24 hours** of the test.
- Continue giving all other medication (unless otherwise advised by your child's doctor or nurse).
- Do not give your child caffeine or sugar (including sodas, chocolate, or candy) **within 12 hours** of the test.
- Wash your child's hair the night before. Do not use styling gels, oils, or other products.
- Try to keep your child awake on the way to the clinic.

Please note we need 24 hours notice of cancellation or you will be charged \$25.00. Missed appointments will also be charged \$25.00.