
Neuroscience & Rehabilitation Associates

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Diplomate

American Board of Neurology and Psychiatry

American Board of Clinical Neurology

American Board of Sleep Medicine

GENERAL INSTRUCTIONS EEG (ELECTROENCEPHALOGRAM):

The electroencephalogram (EEG) is a medical test used to measure the electrical activity of the brain, via electrodes applied to your scalp. This procedure is completely painless.

EEG procedure

Your hair must be thoroughly clean and dry. 24 electrodes will be applied to your scalp.

You will need to lie quietly to avoid any electrical interference from muscle contractions. You will be asked to open and close your eyes and to breathe heavily. Lights will be flashed before your eyes. An EEG usually takes from 60 to 90 minutes to complete. It is ideal if you are able to go to sleep during the test as well.

INSTRUCTIONS FOR PATIENT:

- 1) **Wash your hair and scrub the scalp thoroughly. Do not apply hair oil, gels or sprays.**
- 2) Continue your normal medications.
- 3) Continue normal diet. Attempt to eat a meal within two hours of your scheduled test.
- 4) **Do not drink caffeinated beverages** on the day of your test. No alcoholic beverages within 48 hours prior to testing.
- 5) The night before the test stay up until 1:00 a.m., and sleep until 5:00 a.m. (4 hours sleep).
After waking at 5:00 a.m., stay awake until your test time. PLEASE NO NAPS
- 6) After the test it will be advisable to wash your hair again when you return home to insure all of the paste is removed before it has a chance to dry on the scalp. (You might want to bring a scarf or hat to wear when leaving the testing center).

PLEASE DO NOT BRING CHILDREN TO TESTING APPOINTMENTS.

A \$30.00 fee is charged for all appointments missed or not cancelled 24 hours in advance (785-537-9349).

APPOINTMENT TIME AND DATE: _____