

Rocky Mountain Neurology

10103 Ridge Gate Parkway #125
Lone Tree, CO 80124
Phone: 303-790-8899 Fax: 303-790-2810

AEEG INSTRUCTIONS

Please follow these instructions so we may obtain a thorough reading:

- 1) Please shower the day of hook-up as you will not be able to bathe or shower for the 3 days of recording. Do not use any styling products including hairspray, gels, oils, chemicals, etc.
- 2) The day of your test please have no caffeine: coffee, tea, soda, chocolate, etc. You will be able to have a regular diet after the testing.
- 3) Prior to your test please have a good meal, within 3 hours if possible.
- 4) If you normally take any medications please continue to take them unless instructed by your Dr. not to.
- 5) You may bring in a hat, scarf or bandana to cover your head after the wires are attached.

The AEEG is a painless test. 26 disc electrodes will be attached to your scalp with a white paste which hardens like a plaster. Your brainwaves will be recorded for 20-30 minutes during which time you will lay quietly with your eyes closed. You will then be attached to the portable recorder and sent home for the three days of ambulatory recording. Total appointment time is 60-90 minutes. Please call the office if you have any questions.