

Rocky Mountain Neurology

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EEG INSTRUCTIONS

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

- 1) This is a sleep deprived study. The night before your test please go to bed one hour later and wake one hour earlier than your normal sleep pattern. If you feel too tired to safely drive please have someone drive you.
- 2) The day of your test please have no caffeine: coffee, tea, soda, chocolate, etc.
- 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) The morning of your test please wash and dry your hair. Do not use any styling products including hairspray, gels, oils, chemicals, etc. The test will require the use of a soluble paste, so you may want to go home to wash your hair before continuing with your day.

The EEG is a painless test. 23 disc electrodes will be attached to your scalp with a white soluble paste. Your brainwaves will be recorded for 20-30 minutes during which time you will lay quiet with your eyes closed. Total appointment time is 45-60 minutes. Please call the office if you have any questions.