Rocky Mountain Neurology

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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. YOU MAY TAKE A SINK BATH DURING THE THREE DAYS. Do not use any styling products including hairspray, gels, oils (conditioner that is rinsed out is fine).
2. The day of your test please have no caffeine from the time you wake up to the time of the appointment: coffee, tea, soda, chocolate, etc. You will be able to have caffeine during the three days of recording.
3. Prior to your test please have a snack or juice within 3 hours of your appointment.
4. If you normally take any medications please continue to take them unless instructed by your physician not to.
5. It is recommended that you 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.