

# Rocky Mountain Neurology

5975 S Quebec St #150, Centennial CO 80111

Phone: 303-790-8899 Fax: 303-790-2810

## AEEG INSTRUCTIONS

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

- 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).
- The day of your test please have no caffeine from the time you wake to the time of the appointment: coffee, tea, soda, chocolate, etc. You will be able to have caffeine during the 3 days of recording
- Prior to your test please have a meal, snack or juice within 3 hours if possible.
- If you normally take any medications please continue to take them, with the exception of: stimulant medications (adderall or ADHD/ADD medications) and any sleep aids (such as melatonin, zolpidem, ambien)
- It is recommended that you bring a hat, scarf, or bandana to cover you head after the wires are attached. (Beanies, large floppy sun or bucket hats work well)

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

**\*\* Because of the preparation required for this test,  
there is a \$250 cancellation fee if you cancel less than 48 hours before your  
scheduled appointment\*\***

\*\* The implementation of this policy is at the discretion of the office and circumstances will be considered.