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Practice of Neurology, EMG, EEG, and Sleep Medicine
Electromyography (EMG)/Neuromuscular Diseases Specialist
Diplomate, Neurology, Am. Board of Psychiatry and Neurology
Diplomate, Am. Board of Electrodiagnostic Medicine (EMG)
Diplomate, Am. Board of Sleep Medicine

EEG INSTRUCTIONS

*APPT DAY: _____ DATE: _____ TIME: _____ *

1. WASH AND DRY YOUR HAIR THE NIGHT BEFORE OR THE MORNING OF THE TEST. **DO NOT APPLY ANY CONDITIONER, OILS, GELS OR HAIRSPRAYS TO THE HAIR.**
2. **NO CAFFEINE FOR 24 HOURS BEFORE THE TEST!!!!**
(SUCH AS COFFEE, TEA, COLA AND/OR CHOCOLATE)
3. YOU MAY EAT BREAKFAST AND/OR LUNCH THE DAY OF YOUR TEST. (***EXCLUDING CAFFEINE***)
4. YOU MAY CONTINUE TO TAKE YOUR REGULAR MEDICATIONS AS PRESCRIBED.
5. IF YOU ARE SCHEDULED FOR A **SLEEP DEPRIVED STUDY**, STAY AWAKE THE ENTIRE NIGHT BEFORE THE TEST, IF POSSIBLE, OR **KEEP SLEEP TIME TO LESS THAN TWO HOURS.**
6. PLEASE CALL THE OFFICE IF YOU ARE GOING TO BE MORE THAN TEN MINUTES LATE FOR YOUR SCHEDULED TEST. **PLEASE GIVE AT LEAST 24 HOURS NOTICE IF YOU MUST CANCEL OR RESCHEDULE YOUR EEG TO AVOID \$30.00 FEE.**