

**Progressive Neurology & Sleep Medicine Associates**  
**P: (951) 785-7190 F: (951) 688-7246**

**Instructions for EEG- Electroencephalogram**

**On the day of your EEG:**

1. We will be recording your brain activity for 20 mins. Please keep hair clean. No hairspray, mousse, gel, ponytails, braids, hats, etc. If you fail to keep hair clean for your test, you may need to reschedule your appointment for another day. Electrodes will be connected to your head. It is important to keep surface of your head clean for best results.
2. No earrings.
3. No lotion or makeup on forehead.
4. No caffeine, such as coffee, tea, soda, or high sugars, etc. You do NOT need to fast. It is ok to have food before your test.
5. Please have children (or anyone advised) come in sleep deprived. Try to put them to bed around midnight and wake them up by 4am. They should have no more than 4 hrs. of sleep the night before test. They will be able to sleep once they come in. (Also, try to keep them up during the drive here.) If you have been advised to be sleep deprived and you have had more than 4 hrs. of sleep, you must contact office ASAP and re-schedule your appt. for another day.
6. Remember, there is no pain involved during this test. Please allow 1 hour for adults and up to 2 hours for children that may have a harder time keeping still for the test.

If you need to reschedule the test or have any questions, please call our office at least 24 hrs. prior to your appt. at (951) 785-7190. If the office is closed at the time you call, you may leave a message with our answering service. Thank you!

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Patient Name: \_\_\_\_\_

Date of appt.: \_\_\_\_\_

Time of appt.: \_\_\_\_\_