

## About Your EEG Testing Appointment

Your EEG appointment is on \_\_\_\_\_ at \_\_\_\_\_ am / pm.

**As stated in our financial policies you have already reviewed and signed, there is a \$100 late cancellation/no show fee for this testing appointment.**

### ***WHAT IS AN EEG?***

An EEG is short for electroencephalogram, and is a computer recording of the electrical activity of the brain. It is a painless test that does not involve needles or electric shocks. In total, it takes about 45-60 minutes to complete. You were ordered an EEG in order to help the doctor with your diagnosis and treatment.

### ***PATIENT PREPARATION – YOU MUST FOLLOW THESE INSTRUCTIONS:***

Please follow these instructions to prepare for the procedure:

- Come to the office with your hair washed and dried.
- Don't use gel, mousse, hairspray, oil, or any other product on your hair.
- Medication can be taken as usual, unless otherwise noted by the doctor.
- You do not have to fast; please eat normally.
- Please avoid or minimize caffeine consumption the day of the appointment.

### ***WHAT TO EXPECT: THE TESTING PROCEDURE***

The EEG will be carried out in a small and darkened room. You will be asked to sit in a reclining armchair. First, the EEG technician will measure your head with a soft measuring tape and wax pencil. Temporary markings will be made. Next, these specific spots will be cleaned with a q-tip and cleanser (much like a soft facial scrub). Finally, electrodes will be placed on these spots using a special paste.

After this described set-up, the recording will begin. You will be asked to lie back, and the lights will be turned off. During the test, as the EEG technician records your brain waves, you will be asked to open and close your eyes several times. Depending on your medical situation, you may be asked to do a breathing exercise involving hyperventilation. Another procedure that you'll be asked to do is sit in front of a bright, flashing light. Last of all, you may be asked to drift into sleep.

At the end, the EEG technician will not be able to give you the results as the test must be interpreted by a neurologist.

**Please note you will leave the test with paste in your hair from where the electrodes were placed on your head. After you complete your appointment, you should consider showering to remove the paste off of your hair.**