



## EEG (Electroencephalogram)

An EEG or electroencephalogram test measures and records the brain's spontaneous electrical activity for a short period of time.

### EEG Instructions

1. Plan to spend 1-2 hours in the office. This time includes setup, the EEG procedure itself, and takedown.
2. You **must** be sleep-deprived. This means sleeping five hours or fewer the night before the test.
3. Eat a full meal prior to the procedure.
4. **Do not** drink any caffeine the day of the procedure.
5. Have clean and dry hair. (No hair spray, gel, tight weaves, wigs, etc.) Direct, easy access to the scalp is required to apply the electrodes required to complete the EEG.
6. Take your regularly scheduled medications, unless your physician instructs otherwise.
7. Children are not allowed in the appointment.
8. An adult (family member, friend, etc.) may accompany you into the procedure if you like. Please note, they must agree to remain silent during testing.