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EEG Pre-Test Information

An Electroencephalogram (EEG) is a painless procedure that uses small, flat metal discs (electrodes) attached to your scalp to detect electrical activity in your brain. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. This activity shows up as wavy lines on an EEG recording. During the test you'll feel little to no discomfort. The electrodes don't transmit any sensations. They just record your brain waves. During most of the test you relax in a comfortable position with your eyes closed. At various times during the test the technician may ask you to open and close your eyes, breathe deeply (hyperventilate) for a few minutes, or look at a flashing light. If there are any other questions regarding the test please call our office at (518) 782-3810.

****PLEASE READ INSTRUCTIONS BEFORE COMING FOR YOUR TEST****

Appointment Date & Time: _____

- Wash your hair the night before or the day of the test, but don't use any conditioners, hair creams, sprays, or styling gels. Please come with your hair clean, DRY, and brushed.
- Avoid anything with caffeine six hours before the test.
- Take your usual medications unless instructed otherwise.
- Cell phones will need to be turned off before the test begins.
- Please no food or gum in the EEG lab.
- The test can last anywhere from an hour to an hour and a half.
- **PEDIATRIC PATIENTS**—Due to the special attention required in performing pediatric EEG's, NO siblings of any age will be allowed in the testing room. We ask that siblings remain in the waiting room with a parent or guardian to create an ideal testing environment for our patients. Siblings can be a distraction for the patient, parent, and technician and can result in requiring repeat testing.
- **PLEASE DO NOT COME LATE FOR YOUR APPOINTMENT; YOU WILL BE ASKED TO RESCHEDULE.**

If your test is sleep deprived, Please see the reverse side for additional instructions.

Sleep Deprivation

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Instructions for the NIGHT BEFORE the test

- 0-11 MONTHS:** Attempt to schedule around a nap. If unable to nap only 2 hours of sleep deprivation. Normal bedtime and wake the baby up two hours early. Please bring your baby in sleepy. Bring a bottle, diaper change, sleep aides (pacifier, blanket, etc.).
- 1-4 YEARS:** Put child to bed 2 hours later than normal bedtime and wake 2 hours before normal wake time. Please bring sleep aides. No naps.
- 5-9 YEARS:** Try to shave off about 5 hours of sleep (**ex: to bed 3 hours later and wake 2 hours earlier**). This is also at the discretion of the parent. **For children that are difficult to settle please increase the hours of sleep deprivation.**
- 10-17 YEARS:** Bedtime should be 2-3 hours later than normal and wake up 2-3 hours earlier. **It is at the discretion of the parent to increase sleep deprivation if the child is difficult to settle.**
- 18+ YEARS:** Bedtime should be 2-3 hours later than normal and wake 2-3 hours earlier. **It is at the discretion of the patient to increase sleep deprivation if they struggle with sleep.**