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Comprehensive Neurology and Sleep Medicine, P.A.

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PATIENT INSTRUCTIONS FOR  
24-hour Ambulatory Electroencephalogram (EEG) Testing

You have an appointment on \_\_\_\_\_ at \_\_\_\_\_ am/pm  
in our office at 172 Thomas Johnson Drive, Suite 100, Frederick, Maryland.

This test takes approximately 1 to 1 1/2 hours to complete. Below is a list of instructions  
which **MUST BE FOLLOWED CAREFULLY**.

1. Wash your hair the night before or the morning of your test. **DO NOT USE:** Cream rinse, conditioners, oils, gels, hairspray, etc.
2. Normal meals can be eaten the day of the test with the exception of those foods or drinks containing caffeine, i.e. coffee, tea, colas and chocolates.
3. You should take all of your regular medications, unless otherwise instructed by your physician.
4. The night before your test get your normal amount of sleep unless otherwise instructed by the doctor.
5. The patient **MUST** wear a shirt or blouse which buttons down the front.
6. Please arrive 15-20 minutes before your scheduled appointment time to complete the registration process.

If you are unable to keep your appointment, we kindly ask that you give 24 hours advanced notice. If you arrive late for your appointment, your test may have to be rescheduled.

THESE INSTRUCTIONS MUST BE FOLLOWED EXACTLY.