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## Comprehensive Neurology and Sleep Medicine, P.A.

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### PATIENT INSTRUCTIONS FOR 24 HOUR AMBULATORY EEG BRAINWAVE TESTING

An appointment has been scheduled for you for EEG testing at **Frederick Memorial Hospital**. It will take approximately 1 to 1.5 hours to complete. Below is a list of instructions which **MUST BE FOLLOWED CAREFULLY**.

1. Please call the scheduling center at 240-566-3400 to pre-register at least 24 hours prior to your appointment.
2. The night before your test get your normal amount of sleep unless otherwise instructed by the doctor.
3. Wash your hair the night before or the morning of your test. **DO NOT USE:** cream rinse, conditioners, oils, hairspray, etc.
4. Normal meals can be eaten the day of the test with the exception of those foods or drinks containing caffeine, i.e. no coffee, tea, colas and chocolates.
5. Take all medications regularly, unless otherwise instructed by your physician.
6. You **MUST** wear a shirt or blouse which buttons down the front.
7. Please report to the **Frederick Memorial Hospital Outpatient Registration** 20-30 minutes before your scheduled appointment to complete the registration process.
8. You **MUST** bring your physician's order with you to the appointment. Your testing cannot be completed without it.
9. After your appointment, you will be advised what time to return the following day to complete the final portion of your testing.

If you are unable to keep your appointment, please call the EEG department at 240-566-3385. If patients are late for their appointment, they may have to be rescheduled.

**PLEASE FOLLOW THESE INSTRUCTIONS EXACTLY TO ASSURE THAT YOU ARE PROPERLY PREPARED FOR YOUR TESTING.**