



Comprehensive Neurology and Sleep Medicine, P.A.

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PATIENT INSTRUCTIONS
For 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. If your doctor has ordered a **SLEEP DEPRIVED EEG**, you must not sleep more than 4 hours the night before your test. There are several ways to do this: go to bed late and wake up early, stay up really late and wake up at your normal time or go to bed at your normal time and wake up really early. Use whichever method works best for you, but you **MUST HAVE A MAXIMUM OF 4 HOURS SLEEP THE NIGHT BEFORE YOUR TEST.**
5. 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.