



Comprehensive Neurology and Sleep Medicine, P.A.

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PATIENT INSTRUCTIONS EEG BRAINWAVE TESTING

_____ has an appointment on _____
at _____ a.m./p.m. for EEG testing. The testing is completed at **Frederick Memorial Hospital**. This test takes approximately 1 to 1.5 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, 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. Take all medications regularly, unless otherwise instructed by your physician.
4. All patients should call the scheduling center at 240-566-3400 to pre-register.
5. If you doctor orders a sleep deprived EEG, you must go to bed at your normal time, sleep for four hours and then stay up until your test.
6. Please arrive 20-30 minutes before your scheduled appointment to complete the registration process.

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.

THESE INSTRUCTIONS MUST BE FOLLOWED EXACTLY.