



Comprehensive Neurology and Sleep Medicine, P.A.

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## PATIENT INSTRUCTIONS FOR PEDIATRIC SLEEP DEPRIVED EEG BRAINWAVE TESTING

An appointment has been scheduled for your child for EEG testing at **Frederick Memorial Hospital**. This test takes approximately 1-2 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. Your child must not sleep more than 4 hours the night before the test. There are many ways to do this: go to bed late and wake up early, stay up really late and wake up at the normal time or go to bed at the normal time and wake up really early. Use whichever method works best for you.
3. Wash your child's hair the night before or the morning of the 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. coffee, tea, colas and chocolates.
5. All medications may be taken as usual, unless otherwise instructed by your physician.
6. Bring any items that will make your child more comfortable, i.e., blanket, stuffed animal, bottle, pacifier, etc.
7. Please report to the **Frederick Memorial Hospital Outpatient Registration** 20-30 minutes before the scheduled appointment to complete the registration process.
8. You **MUST** bring the physician's order with you to this appointment. The testing cannot be completed without it.

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.**