

# BAHAMAS NEUROLOGICAL CENTER

## EEG (ELECTROENCEPHALOGRAPH) PATIENT INSTRUCTIONS



- ROUTINE EEG
- SLEEP DEPRIVED EEG
- 24 HOUR EEG
- VIDEO-AMBULATORY EEG
- PROLONGED EEG

## **EEG PATIENT INSTRUCTION SHEET: PREPARATION FOR TESTING**

### **EEG:**

1. Hair must be clean and dry, with no hair tonic, oil, gel, mousse, etc., and especially, no hair spray. If you wear braids or extensions you will have to have them undone/taken out hair must be worn natural or loose
2. Take your regular medicines, and eat your regular meals. Bring a list of your medications with you.
3. Do NOT drink any beverage with caffeine or alcohol in it for at least 24 hours prior to the test-this includes coffee, tea, and most soft drinks. You may drink water, milk, fruit juices, or decaffeinated beverages.
4. If the doctor has ordered a sleep-deprived EEG on you, be sure to get no more than 4 hours of sleep (1/2 your usual amount of sleep) the night before the test, so that you will be able to fall asleep during part of the test. If you feel that you will be too sleepy to get home on your own after so little sleep, be sure to bring someone with you who can help you get home.

### **SLEEP DEPRIVED EEG:**

- **Adults** - Adults need to stay awake all night. No caffeine after midnight. It's alright to eat during the night and to eat breakfast. Arrive for the EEG with clean, dry hair.
- **Babies** - Refer to the Sleep Deprivation Schedule Chart below. Bring bottles, pacifiers and anything that will comfort your baby during the test.
- **Children** - Refer to the Sleep Deprivation Schedule Chart below. Every child's tolerance to sleep deprivation is different. Do your best to bring your child to the EEG appointment in a sleep deprived state and ready to take a nap. Also have your child arrive for the test with clean dry hair. No caffeine after midnight and continue prescribed medications unless the doctor says not to.

### **Sleep Deprivation Schedule**

<b>Age</b>	<b>Appt. time 8:00 to 10:00 a.m.</b>	<b>Appt. time 12:30 to 2:00 p.m.</b>
Birth - 6 months	Awake at 4:00 a.m.	No naps earlier in the day
6 months to 3 years	Awake at 2:00 a.m.	Awake at 4:00 a.m., no naps
4 years to 12 years	Awake at midnight	Awake at 2:00 a.m., no naps
13 years to adult	Awake all night	Awake all night, no naps

### **24-HOUR EEG:**

1. Follow instructions 1 and 2 for EEG as above.
2. You should **NOT** have caffeine or alcohol i.e. coffee, tea, colas, and chocolates on the day of the test, or during it. You do not need to be sleep-deprived. Normal meals can be eaten the day of the test with the exception of those described above.
3. Wear a shirt a top that buttons up the front. You will not be able to remove top once electrodes have been applied to the head
4. Hair must be washed thoroughly the following day in order to remove the solution used to connect electrodes.
5. Bring along with you snacks, meals, entertainment e.g., games, books, portable DVD player & tapes, music and any items children need to make them comfortable for the night and day.

If you are unable to keep your appointment, please call the Bahamas Neurological Centre at 242.322.8763. If patients are late for their appointment, they may have to be rescheduled.

**THESE INSTRUCTIONS MUST BE FOLLOWED EXACTLY**