



# How To Prepare For Your EEG Appointment

## Instructions for EEG Testing

1. For adults the recommendation is to sleep no more than 4 to 5 hours the night prior to the study.  
*Suggestions: Wake up at 4 am for a morning appointment or stay up later than usual the night before the EEG and get up earlier than normal the day of the EEG.*
2. Avoid alcohol 24 hours prior to EEG.
3. Have dry hair – free of gels, sprays, and braids
4. Eat regular meals
5. The day of the test: Avoid sugar, sodas, chocolate, caffeine, coffee, tea and colas: Coke, Pepsi or Mountain Dew, etc.
6. Take regular medications
7. Only one person will be allowed in EEG lab with patient.

## What is an EEG?

An electroencephalogram (EEG) is a test that measures and records the electrical activity of your brain by using sensors (electrodes) attached to your head and connected by wires to a computer. The computer records your brain's electrical activity on the screen or on paper as wavy lines. Certain conditions, such as seizures, can be detected by observing changes in the normal pattern of the brain's electrical activity.

## Additional Instructions for Children Under 12

1. EEG appointment for toddlers and infants should be scheduled at nap time.
2. Please keep your child awake prior to EEG– no power nap in the car.
3. Please bring 2 bottles, pacifier, toys or other sleeping props for child's comfort. If breast feeding or bottle feeding, wait until arrival at EEG lab.
4. Highly recommended: Electronic devices, games, books to distract the child.
5. The goal is to be sleep deprived so the child will sleep during the study.

## HOW TO REACH US

If you have any questions, or need to change or cancel your appointments

707-571-3940

If an interpreter is needed, let us know at the time that you book your appointment.

## WHERE TO FIND US

Neurology  
3559 Round Barn Blvd.  
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