

EEG: PREPARING FOR THE TEST

You can help us get a good recording by following the few simple instructions listed below. We like to get some of the recording while the child is awake and then while sleeping because this gives a more complete picture of what is taking place in the brain.

1. If the patient is on a prescription medication, please continue taking it. If you have any questions regarding medications the patient is taking, you should check with your doctor. Medications containing stimulants such as caffeine should be avoided for 24 hours prior to the test, if possible.
2. Coffee, tea, cola drinks, chocolate and alcohol should be eliminated from the patient's diet 12 hours before this test. Regular meals may be eaten with these exceptions.
3. Shampoo your hair the night before the test and **DO NOT** add any hair oil, spray, mousse, creams or other hair products.
4. You should sleep **ONLY ½ OF YOUR NORMAL LENGTH OF SLEEP TIME** the night before the test. For adults, this would be about 4 hours, and for children up to five hours. Going to bed by midnight or 1 AM and arising at 5 AM usually gives the best results. If you have an afternoon appointment, the sleeping time may be lengthened by ½ hour.
5. For infants or toddlers, please bring a favorite blanket, pillow, bottle, stuffed animal, etc. They may come in their pajamas.
6. Outpatients should bring a brush or comb for after the test.

**REMEMBER, NO SEDATION WILL BE GIVEN, SO
PLEASE MAKE SURE THE PATIENT IS TIRED!**

Our Technician's for your child's test are MaryLou, 815-919-6586 or Angel, 708-268-6725. Please call her/him ONLY the day of your appointment, if you are running late or need to cancel.