

# NeuroCenter Medical Clinic Inc

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## EEG INSTRUCTIONS

### ***BEFORE THE TEST***

- For sleep deprived tests, patients cannot have more than 4 hours of sleep within a 24-hour period.

\*It is recommended to stay up until 12-midnight and wake up at 4:00am.

### ***THE DAY OF THE TEST***

-DO NOT have any caffeine the day of the test—to include, soda, coffee, tea, energy drinks, chocolate, etc.

-Hair must be clean and dry—NO hair products, hair extensions, braids, hair accessories, etc.

-Please DO NOT wear any face or eye make-up.

-Earrings are NOT permitted to be worn during the test.

-Take ALL prescribed medications as scheduled.

-Patients should eat breakfast (or a meal) prior to the test.

### ***ADDITIONAL INFORMATION***

-Patients must be able to sit still and remain quiet for the duration of the test.

-Patients must go back for testing alone.

-The test can take anywhere from 45 minutes to 1 hour and 15 minutes.

**-If you are unable to attend your appointment, it is very important that you notify the office within 24 hours or you may be charged a “no show” fee of \$50.**

**-Please note, any missed EEG that has not been rescheduled, could result in the patient being reported to the DMV.**