



## Electroencephalogram (EEG) Instructions

Orlando Office    St. Cloud Office

**Patient Name:** \_\_\_\_\_

**Appointment:** \_\_\_\_\_

Due to the length of the test, LATE ARRIVALS will be rescheduled. CANCELLATIONS require a 24-hour (1 business day) prior notice or a \$75.00 NO SHOW FEE will be charged. Please call the main office to cancel or reschedule the appointment at 407-218-4444.

### *Please follow the instructions to prepare for the EEG appointment.*

- Sleep Schedule
  - Newborn – 1 year old: No sleep for at least 4 hours before the EEG. Please hold off feeding baby until testing.
  - 1 year – 5 year old: Patient should go to bed 2 hours later than normal and awakened 2 hours earlier than normal.
  - 5 year – 18 year old: Patient should go to bed at midnight and awakened at 5:00 AM (or 5 hours or less of sleep).
- Hair should be washed and dried the night before the test. No lice or hair products (including hairspray, gel, mouse or oil) may be in the hair or the technician will not be able to perform the test.
- If patient has long hair; please leave hair loose with no braids
- Medications taken on daily basis can be given to patient unless the doctor advises not to do so.
- NO sugar or caffeine may be given to the patient 12 hours prior to the test.

### **Sedation Instructions**

READ ONLY if you were given a prescription for Clonidine (or sedation)

- Give medication as instructed by the Physician (NOT the Pharmacist)
- NO solid foods or liquids may be given to the patient 4 hours prior to the EEG
- Give medication (Clonidine) 30 minutes prior to the EEG