

# EEG Patient Instructions

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1. Your child needs to sleep during part of the test. Children over 24 months should be kept awake at least 2 hours later than their normal bedtime the night before the test, and awakened 2 hours earlier the day of the test. Do not allow your child to nap the day of the test. We do not sedate for this test. Study typically takes 1 to 1 1/2 hours.
2. The patient must have clean hair, no oils, gels or lotions.
3. No refined/processed sugars or caffeine for 24 hours before exam (natural sugars are acceptable).
4. Patients must arrive 15 minutes prior to appointment to register in the Registration/Admissions Dept. – 1st floor. If the patient is 15 minutes late prior to appointment time, patient will be cancelled.