

## ***Patient Preparation Instructions for the EEG test***

*The EEG is a painless noninvasive test that checks the electrical activity of the brain. An array of about 20 electrodes will be attached to the head with a light water-soluble paste, which will be rinsed out after the test. Normal shampoo will remove any residual paste. The EEG can take from one to two hours.*

- *You must have clean, dry hair with no added oils, gels, hairspray or other fixatives, and no weaves, wraps, braids, or other attached hairpieces.*
- *You can eat before the test, but **NO** caffeine on the day of the test. No coffee, colas, or other caffeinated products.*
- ***NO** nicotine prior to your appointment.*
- *If your Doctor requests a sleep deprived EEG – do not get more than 4 – 5 hours of sleep prior to the EEG. Stay up late the night before and get up early in the morning.*
- *Take your prescribed medications as directed by your Doctor. Do not take any additional over the counter medications within 12 hours of the test. Do not take a sleeping aid the night before the EEG. Bring a list of your current medications with you.*
- *At Hilo Medical Center, report to the admitting department in the main lobby to register for the test.*

*Arrive 15 minutes before your scheduled appointment.*

*If you cannot keep your appointment, please call the Respiratory Department at 932-3290.*

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