



EEG INSTRUCTIONS

SNI Neurology & Sleep

DURATION: Approximately 2 hours

Please plan to arrive 15 minutes before your scheduled appointment time.

PREPARING FOR THE TEST:

1. Hair Preparation
 - Wash and shampoo your hair the night before your EEG (if you're washing your hair the day of the test, please make sure to come in with **DRY** hair)
 - **DO NOT USE** conditioner, hair cream/spray/gel/wax/oil
 - **STRICTLY NO** hair extensions, weaves, braids and other attached hair pieces. These must be removed before the appointment or you will be rescheduled.
2. Medications
 - Take your prescribed medication as directed by your doctor
3. Food and Caffeine
 - You can eat a normal meal before the test but avoid caffeine for at least 8 hours before the test
4. Others
 - Stimulator implants need to be turned off during testing.

WHAT TO EXPECT:

- The technician will make 25 marks on your head and 2 on your chest. Each mark will be scrubbed and an electrode placed over it.
- You will be lying down for about 1 hour and 30 minutes so come in comfortable clothing.
- There will be a flashing light in front of your eyes for approximately one minute.
- There will be a breathing exercise for about three minutes.
- Then you will try and sleep for about 50 minutes.
- After testing, you will be disconnected from all the electrodes. There will be paste and marks left on your head. It all washes off very easily with warm water and shampoo.

We cannot guarantee your insurance company will cover this procedure. We do verify your insurance benefits prior to appointment, but please call your insurance company before your test and give them the procedure code 95813 to determine what you may be responsible for. Thank you.

If you for any reason you need to cancel your appointment, please do so 1 business day before your scheduled appointment. Failure to do so will result in a cancellation fee