

Patient Instructions for Electroencephalogram (EEG)

Your doctor has ordered an electroencephalogram (EEG). It is very important that you follow the instructions below.

1. Wash hair free of oil and hairspray.
2. Make sure your hair is dry.
3. No caffeine, including chocolate, or alcoholic drinks until after your test. Decaffeinated coffee and tea are acceptable.
4. No tranquilizers or sedative drugs for 48 hours before the test.
5. DO NOT stop anti-convulsant medications unless your doctor specifically instructs you to do so.
6. Eat a good meal before your appointment.
7. Contact lenses cannot be worn during the test. Please have a container with you to put them in.

ADDITIONAL INSTRUCTIONS FOR SLEEP DEPRIVED EEG:

1. Sleep no more than 2-3 hours the night before the test unless your doctor gives you other sleep instructions. Obtain these 2-3 hours of sleep before 4 a.m.
2. DO NOT drive to and from your EEG appointment.

A technician comes to our office to perform the test. If you are unable to keep your appointment, please call our office 24 hours in advance or there will be a \$50 cancellation fee. A message can be left after hours by calling 713-777-4122 and pressing 1 for Dr. Hershkowitz's office or pressing 2 for Dr. Shirzadi's office.
