



## Electroencephalogram (EEG) Patient Information

### How to prepare for the test:

#### For a Routine EEG

- Wash your hair either the night before or the morning of the test. You may use shampoo and conditioner but **do not use**: hairspray, hair gel or any additional hair product.
- Take your medications as you normally would and bring a list of your medications with you.
- You may eat as usual but do not have anything with caffeine in it (coffee, tea, chocolate, pop) for 24 hours prior to test.
- Wear loose comfortable clothes, but no turtleneck tops. Please bring a hat as your hair may be wet or sticky afterwards.

#### For a sleep-deprived EEG

- Do everything to prepare for a Routine EEG and also the following: Do not drink any alcohol and sleep for only 4 hours the night before between midnight and 4am.

### Day of Test:

1. Please arrive 15 minutes prior to your appointment time, enter by the 15<sup>th</sup> street entrance and notify the security desk outside for the reason for your visit.
2. Check in with Registration Services found on the main floor on the left hand side using your BC Services Card.
3. If needed, at this time you should stop in the washroom before coming up as there isn't one in the clinic.
4. Proceed to the EEG Clinic on the 2<sup>nd</sup> floor following the signs.

**Only if necessary, you may have someone accompany you to the clinic during the test.**

**Otherwise, anybody accompanying you to the test will be asked to wait in the waiting room during the procedure. Please be on time. If you are more than 15 minutes late, your appointment will be rescheduled. If you need to cancel or reschedule, please give 24-48 hours notice.**

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

Someone will call you 1-2 days prior to confirm your appointment.

**Lions Gate Hospital EEG phone number: 236-838-5974**

**\*\*\*THIS IS A SCANNED DOCUMENT AND PLEASE DO NOT REPLY TO THIS EMAIL\*\*\***