

EEG INSTRUCTION FORM

**Heidelberg Neurology
Level 4, 10 Martin Street
Heidelberg Vic 3084
Phone: 03 9450 8400 Fax: 03 9450 8401**

Instructions for EEG appointments

Routine EEG:

- Please have freshly shampooed, dry hair, washed either the night before or on the day of the test, (hair conditioner is OK)
- No hair gel, hairspray, hair oil, etc. to be used
- Please bring a comb or brush to tidy your hair after your EEG

Sleep Deprived EEG:

The following should apply **in addition to the above:**

Option 1: 9.30am appointment:

- You **MUST** stay awake **ALL NIGHT** prior to the appointment (a nap of one hour may be taken if necessary the preceding afternoon)
- No caffeine to be consumed (including coffee or cola drinks)
- No alcohol or illicit drugs to be consumed
- Please make sure you eat breakfast on the morning of the appointment
- You are **NOT** permitted to drive – arrangements must be made for the patient to be driven to the appointment and collected afterwards
- You should not attend work or school on this day
- You should not sign any legal documents or make important decisions on the day of the test

Option 2: 2.45pm or 3.30pm appointment:

- You can sleep **UNTIL 2AM ONLY** the night before your EEG. You **MUST STAY AWAKE FROM 2AM** until the time of your afternoon appointment on that day.
- No caffeine to be consumed (including coffee or cola drinks)
- No alcohol or illicit drugs to be consumed
- Please make sure you eat breakfast the morning of the appointment
- You are **NOT** permitted to drive - arrangements must be made for the patient to be driven to the appointment and collected afterwards
- You should not attend work or school on this day
- You should not sign any legal documents or make important decisions on the day of the test