Instructions for EEG patients

For ages 0-12 months:

    *skip nap and feeding closest to the appointment time

    *bring bottle (if taken) or be prepared to breastfeed. May also bring pacifier, clean blanket or any other comfort items.

For ages 1-2 years:

    *patient is not to have anything to eat or drink for 4 hours prior to the test

    *go to bed 2 hours later than normal and wake child up 2 hours earlier than normal

For ages 3 years and older:

    *patient is not to have anything to eat or drink for 4 hours prior to test **if being sedated**

    *keep patient awake until midnight

    *if test is before noon, wake patient up by 4am. If test is after noon, wake patient up by 5am

ALL PATIENTS:

    *wash hair the morning of the test and please do not put in any braids or ponytails. Do not put any product in it, such as hairspray, gel, etc.

    *do not take any stimulant medications the day of the test

    *avoid sugar or caffeine starting at dinner time the night before the test

PLEASE NOTE: If you have had **head lice** in the past two weeks, please call to reschedule the test. If we find any lice or nits on the day of the test, we will reschedule the EEG.

These EEG instructions are standard for all patients. However, due to each patient's individual needs and level of care, an EEG technician will call you 1-2 days prior to the EEG to determine the best plan for you child. Please share any important health history with them when they call (for example, if they have any heart problems, lung or respiratory issues, cystic fibrosis, allergies, asthma, if they've been sick with bronchitis or pneumonia recently or if they have ever had a bad reaction to sedation in the past). We sedate with an oral liquid medication called chloral hydrate. It is NOT anesthesia. We only sedate on an as-needed basis. Please direct any questions or concern about sedation to the EEG technician when they call you. If your child has ever been hard to sedate or had a bad reaction to any type of sedation, please let us know.