

# EEG Preparation Sheet

1. Prior to study bathe entire body & wash hair. DO NOT use oils, lotions, gels, or hairsprays.
2. Hair must be free of beads, weaves, etc. No chemical treatments may be administered (coloring, perms, relaxers, etc) within 48 hours before or after the EEG.
3. ADULTS: If “AWAKE & ASLEEP” patient needs to stay up until 2:00am, and wake up at 6:00am on the day of the study.
4. CHILDREN: If “AWAKE & ASLEEP” ages 5 thru 12, go to bed 2 hours later than usual, and get up 2 hours earlier than usual, with NO NAPS
5. If the Dr. prescribed a sleeping medication, have the prescription filled & follow the instructions to take the medication before the EEG. You will need someone available to drive you to and from the appointment.