

# **GOBINDER S. CHOPRA, M.D.**

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**Scheduled on: (DATE) \_\_\_\_\_ @ (TIME) \_\_\_\_\_**

## **Electroencephalogram (EEG)**

**An EEG measures the brain's electrical activity (brain waves). An EEG may be used to diagnose and monitor seizure activity or to help evaluate brain tumors and other neurological conditions.**

### **How to Prepare (NO CHILDREN PLEASE)**

**Please arrive on time. If you are more than 10 minutes late you will be rescheduled.**

- \* Because you will be sleep-deprived, a driver is recommended, **but** during the test, only the patient will be allowed in the testing room.
- \* The evening before or morning of your appointment, wash and dry your hair, but do not apply any spray, oil, mousse, or cream.
- \* If you are a smoker please refrain from smoking **that day** until after testing.
- \* No braids, hair extensions, toupe, wigs, earrings or anything covering the scalp.**

### **If “Sleep Deprived EEG” is ordered:**

\*Sleep only four hours the night before this test. Sleeping for only a few hours will help ensure that you fall asleep during the test and enable your physician to study your brain's electrical activity. (If scheduled for afternoon appointment sleep accordingly)

Unless your physician tells you otherwise, take your regular medication as scheduled.

Check with technician if taking sedatives, muscle relaxers or valium or ativan.

On the day of the test, eat regular meals, but do not consume coffee, tea, chocolate, or other products containing caffeine.

### **What to Expect**

A Technologist will place 20 to 27 small electrodes on your scalp with a paste-like adhesive. You might be asked to breathe rapidly or look at a flashing light. You will then be asked to lie quietly or sleep, if possible, in a recliner chair or bed while equipment connected to the electrodes records your brain's electrical activity. An EEG is painless and takes approximately 60 to 120 minutes to complete.

### **Aftercare**

Please bring a cap, scarf, or brush with you. You may want to go directly home to shampoo your hair to remove any access electrode paste. You may resume your normal activities immediately after testing. You must schedule a follow up appointment for these results. Results are usually available in one week.

**REMINDER: ALL RESCHEDULING OR CANCELLATIONS MUST BE MADE AT LEAST 72 HOURS IN ADVANCE  
THERE WILL BE A \$50 CHARGE FOR NO SHOW OR LAST MINUTE CANCELLATION.**

**PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR APPOINTMENT TIME.**