

Ambulatory EEG (electroencephalogram) Instructions

An EEG test records your brain waves. “Ambulatory” means that you’ll be able to go about your daily routine while a small machine that you can carry with you records your brain activity.

Appointment 1— for hook up Date: _____ Time: _____

Appointment 2— for battery change Date: _____ Time: _____

Appointment 3— to remove machine Date: _____ Time: _____

How to get ready for your exam

Please **do**

come with clean, dry hair. **Do not** use conditioner, hairspray or gel.

eat a good meal before your exam.

take all of your medicine as prescribed.

You do need to be sleepy and tired for this exam.

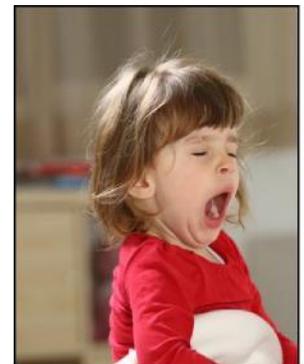
- For children 1-2 years old: Wake them up 3 hours earlier than usual in the morning. Do not let them to nap.
- For children 3-12 years old: Put them to sleep at midnight the night before. Wake them up at 4 am.
- For people 13 + years old: Sleep for only 4 hours the night before the exam.

Please **do not**

Do not drink any caffeine (coffee, tea, soda) before your exam.

Do not drink any alcohol for 24 hours before your exam.

Do not use any conditioner or any other products like hairspray or gel in your hair.



Arrive for your test early

Please plan to arrive and check-in 15 minutes before your exam or testing will have to be rescheduled.

What to expect during your visit

- Your appointment will be about 2 hours long.
- Putting on the leads (wires) will take about 30 minutes.
- The tech will have you do some activities to try and trigger your episodes.
- You will then take about a 20 minute nap.
 - You will not be given anything to make you go to sleep. We will need you to fall asleep on your own for this test. This is why we ask that you get very little sleep the night before.
- Finally, the EEG tech will take some time to show you the machine, and how to take care if it and your leads.



Questions?

**Please call the Patient Care Coordinator
(505) 272-0908**



HLO Approved
5/19
812-680