

Please arrive 30 min prior to your scheduled appointment and allow 1.5 to 2 hours for your appointment.

- **Hair Prep**
  - Your child should have clean, dry hair. Wash hair the day prior to the test and omit the use of hairspray, mousse, gel & oils on the scalp.
  - We cannot complete the test if your child has lice or a scalp infection. In this case, the appointment will have to be rescheduled.
- **Food**
  - An EEG does not require fasting, your child may eat a normal meal.
  - No caffeine or energy drinks
- **Medication and Medical Equipment**
  - Take all medications as usual unless otherwise directed by your physician.
  - Bring any medical equipment used in the home your child may need during the test.
    - Oxygen, suction, seizure rescue medication, etc.
- **Please bring only the patient to the appointment.**
  - A parent or guardian must accompany the patient.
  - Other children can distract the patient and interrupt the test; if other children must come an additional adult should be available to supervise them in the waiting area.
- **Illness – you may need to reschedule if**
  - Your child is sick with a fever, cold, active infections or contagious skin issues.
- **Cell Phones are not permitted to be on during testing.**
  - Phones should be turned off completely and not just silent.
  - Pictures and videos of the set up and testing is not permitted without consent from the technologist.
- **Sleep Deprivation – by age see below**
  - 0 - 2 years old wake child two hours early
  - 2 years – 5 years – go to bed 2 hours later than normal and wake by 5am.
  - 5 years and older go to bed at 12 (midnight) and wake at 5am

**\* Sleep deprivation is needed to achieve the desired result and prevent retesting. Please do not let your child nap prior to the test and keep your child awake in the car.**

**\*\*If you are unable to keep your appointment please call (832)826-2160 24 hours in advance.**