



2003 Kootenai Health Way
Coeur d'Alene, ID 83814

KOOTENAI HEALTH NEURODIAGNOSTIC LAB

Video Awake & Asleep Electroencephalogram (EEG) Instructions

These instructions are designed to obtain the best test possible for your doctor. Please follow the instructions below carefully unless you have been instructed otherwise. The technologists will attempt to call you the night before your appointment to go over your instructions or answer any questions you may have.

Please do not bring children to your test as they cannot be attended to during the EEG.

An EEG measures the electrical activity of the brain. It is a painless test. There are no needles. The approximate time of testing is 1.5 to 2 hours.

1. Do not sleep more than 4 hours the night before your test, for example from midnight to 4 AM or 1 AM to 5 AM.
2. Take your regular medications unless otherwise instructed by your doctor.
3. Do not take caffeine or items that are high in sugar after midnight the night before the test. This includes coffee, tea, cocoa, chocolate and many sodas.
4. Avoid alcoholic beverages and recreational drugs for 24 hours before the test.
5. Eat a good meal, low in sugar, before your test.
6. Come with clean, dry hair with no hair products such as hairspray, mousse or gel.
7. Be prepared to go home and wash your hair afterwards. You might want to bring a hat or scarf to use after the test.
8. Check in with Registration at the North entrance of Kootenai Health Hospital 15 minutes prior to your appointment time.
9. If you have any questions, please call us at (208) 625-4521.