EEG Preparation

* Clean hair (no mousse, hair spray, gel, oil, or grease)
* Spontaneous sleep during the study is preferred. The patient should stay up at least 2 hours later than normal the night before the test and get up at least 2 hours earlier than usual on the day of the test.
* Young children should not take a nap before the test
* No caffeine the day of the test
* Prescribed medications should/can be taken prior to the test EXCEPT stimulant medications
* Bring a list of all medications

Ambulatory EEG (24 or 48 hour) Preparation

* Clean hair (no mousse, hair spray, gel, oil, or grease)
* Wear a shirt that buttons up the front
* Know the specific episodes/spells/seizures for having the Ambulatory EEG performed
* No caffeine the day of the test
* Prescribed medications should/can be taken prior to the test EXCEPT stimulant medications
* Bring a list of all medications
* First appointment will be for attaching EEG leads
* Subsequent appoint will be for removing EEG leads

EMG Preparation

* No lotion, perfume, or powder on area to be tested
* Prescribed medications should/can be taken prior to the test