Mankato Clinic

NEUROLOGY PATIENT INSTRUCTIONS

SLEEP DEPRIVED EEG FOR ADULTS

Patient:_____ Appointment Date: _____

Appointment Time: _____ am/pm **Please note: Doors open at 7:15a.m.**

Location: Neurology Department 2nd floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Neurology Department.
If you are unable to keep your appointment or have questions, please call 507-389-8568 as soon as possible.

What is a Sleep Deprived EEG:
An EEG is a test that detects electrical activity in your brain using electrodes placed on your scalp. Your brain cells communicate via electrical impulses and are constantly active, even while you are sleeping. This activity is transmitted during an EEG recording. You'll feel little to no discomfort during any EEG. The electrodes don't transmit any sensations; they just record your brain waves.

How do I prepare for the test:

- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Thoroughly clean your hair. Hair must be free of gel, mousse, hairspray or other hair products.
- Stay awake from 6 p.m. the night before the test until the time of the appointment.
- No caffeine products 24 hours prior to the test.
- A light snack after midnight is allowed.
- Continue to take medications as usual, EXCEPT for sleep inducing medications.
- Please bring a responsible adult driver with you. Due to being sleep deprived, you will be unable to drive yourself.
- Bring a current list of medications with you to the appointment or bring your medications in their container.
- To provide the best service and follow safety practices, we respectfully ask that young children do not attend parental appointments. We appreciate your understanding.

What will happen during the test:

- A technician will measure your head and mark your scalp with a special pencil to indicate where to place the electrodes.
- Flat metal discs (electrodes) are attached to your scalp using a special adhesive.
- You relax in a comfortable position while your brainwaves are recorded.
- A technician will monitor your brainwaves and, at certain points, may ask you to do a few simple activities for them.

Instructions for after your exam:

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter, or by phone. If not, you may contact your provider's office five to seven business days after your test to obtain results.