



ALASKA BRAIN CENTER, LLC

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EEG INSTRUCTIONS

What is an EEG?

An EEG or electroencephalogram is a recording of electrical brain wave activity from wires placed on the scalp.

Instructions for EVERYONE getting an EEG:

- For questions or to change appointments call our office at **907-373-6500**.
- Please call at least the day before if canceling appointment. There is a \$50.00 cancellation fee if you do not provide 24 hours notice.
- **Please make sure your hair is clean and dry. Do not put any spray, lotion or oil in your hair.**
- **Please do NOT wear make-up to this appt. It makes applying the leads difficult.**
- You may eat, drink and take prescribed medications as usual. **Avoid Caffeine.**
- If the study is for a child, you may bring their favorite toy, blanket, or stuffed animal.
- **Please arrive at your scheduled appointment time with your new patient paperwork completed (either online or written).** You do not need to arrive early for this appointment.
- **We recommend no more than 4 hours of sleep the night before your EEG appointment.** We need you to be sleep-deprived for this test to enhance falling asleep. The test is more accurate if you are able to sleep during the EEG recording.
- Please allow one hour and thirty minutes for this test.

How is it performed?

1. Patients relax in a recliner during testing.
2. An EEG technician prepares small spots on your head by scrubbing the areas with exfoliating gel.
3. About 27 electrode discs are placed onto your head and held in place with a water-soluble paste.
4. Your brain waves are typically recorded for 41 minutes.
5. The electrodes are removed at the end of the test and you may leave.
6. After the test, your hair will be sticky and messy and you will probably want to wash it as soon as you get home; or you are welcome to bring shampoo to wash your hair in the sink. You may want to bring a hat to wear home.
7. There are no special requirements after the test.

Results

The EEG study will be reviewed and interpreted by Dr. Sponsler. The results will be discussed at your consultation, or sent to the referring physician, if no consultation was requested.

- * ***For all commercial insurance patients, the entire deductible owed is required at the time of service, unless you have secondary insurance coverage. This test will not be considered an office visit in determining the co-pay amount.***