

How to Prepare for Your Electroencephalography Study

Please follow all instructions carefully in order to obtain optimal and correct test results. Contact our office should you have any questions

Before your study

- Wash your hair and scrub your scalp thoroughly. Please do not use or apply any styling products such as oils, mousse, gels or sprays.
- Continue your normal medications, unless instructed otherwise, and bring a list of medications with you.
- Do not drink caffeinated beverages on the day of your test but continue your meals as usual.
- Sleep fewer hours the night before your test, if instructed. Do not nap the morning of your test.
- Arrange for someone to drive you home after your test, if needed.

During your study

- You will sit in a reclining chair or lie down on an exam table.
- The technician will measure and mark your scalp where the electrodes will be placed.
- The technician will rub your scalp with a mild abrasive and attach the electrodes.
- During the study, the technician will ask you to open and close your several times.
- You might be asked to perform special breathing and visual exercises.

After your study

- Be sure to wash any remaining gel, glue or paste from your hair and scalp.
- You may resume your normal activities immediately.

If you need to cancel or reschedule your study, please contact our office at (914) 723-8100 as soon as possible.