



PREP FOR REGULAR EEG (Adult)

Appointment Date: _____ Time: _____

1. Please arrive 15 minutes early to check in and have your insurance card with you.
2. Before the appointment, wash your hair with baby shampoo or a shampoo that has no conditioners or protein builders.
3. Please remove braids, ponytails, etc., as they will prohibit accuracy of the test-we must be able to attach electrodes to your scalp. Please note the electrodes may cause some minor skin irritations.
4. **Please wear a button up shirt when arriving.**
5. Eat meals as usual. No caffeine or alcohol 24 hours before testing. Take medication as usual unless your physician instructs otherwise.
6. You are having a regular EEG, you may sleep as usual.
7. Insurance questions should be directed to Mecklenburg Neurological Group at (704) 335-9794.
8. If you need to reschedule your appointment, call (704) 335-3400.