



**CHARLES COUNTY  
NEUROLOGY**

MINDFUL MEDICINE. MEANINGFUL RESULTS. YOUR NEUROLOGY ALLIES

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## Direct EEG Referral Form

Patient Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_ DOB: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Insurance (Please include Primary/Secondary/Tertiary): \_\_\_\_\_ Policy #: \_\_\_\_\_

Diagnosis Code: \_\_\_\_\_

Required Documentation: ☐ Recent Chart Note ☐ Patient Demographics

Routine EEG: ☐ Awake ☐ Drowsy ☐ Sleep Deprived EEG

### Diagnosis/Clinical History:

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Previous EEG: ☐ Yes ☐ No

Date of last EEG: \_\_\_\_\_

Date of last Episode: \_\_\_\_\_

Referring physician: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## EEG INFORMATION AND INSTRUCTIONS

### **Your provider has ordered an EEG for you:**

An EEG is a painless test that requires attaching electrodes to the scalp to record electrical activity of the brain. This test has no side effects. We do not use any needles or medication.

### **Why is sleep deprivation necessary before an EEG?**

While sleep deprived there is an increased chance that unusual electrical activity may occur in your brain. These abnormalities typically can occur while under stress, including fatigue and drowsiness.

### **What do EEGs show/how does it help a doctor diagnose your problem?**

EEGs take measure of the electrical signals in your brain and produce them as a waveform. While reading the shape, frequency, and height of the waves, your physician will be able to recognize any abnormal patterns in your brainwave activity and make the appropriate diagnosis.

### **How long does an EEG take?**

Adult EEGs take approximately 1-1.5 hours.

### **How to get ready for an EEG:**

- Wash and dry hair 24 hours before test. No hairspray, mousse, gel, or oily preparations. Wigs/hair extensions must be removed.
- Eat a normal meal within 2 hours of the test.
- Take prescribed medications unless advised by your physician.
- For a sleep deprived EEG: **4 hours or less** of sleep the night before the test.
- For routine EEG: At least 6 hours of sleep the night before the test.
- It is mandatory for safety that someone drives the patient to and from the appointment because of sleepiness.

### **What happens when you come to the laboratory?**

- A technologist will be with you throughout the test and give you instructions as needed. The following will occur:
  - The technologist will measure your head and put blue marks on your scalp with a soft pencil where the electrodes will be placed. Each spot will be scrubbed with a special cleaning solution on a cotton applicator.
  - The electrodes will be temporarily adhered to your scalp with a conductive gel. The electrodes are noninvasive do not penetrate the skin.
  - The test begins: The recording section of the EEG usually takes approximately 30 minutes. During this time you will be asked to close your eyes and relax. You will be prompted to open and close your eyes and to breathe deeply during a portion of the testing. A strobe light will also be flashed during a portion of the testing as well.
  - After the test is complete, the electrodes will be removed with warm water. You may need to wash your hair after returning home to remove any residual adhesive.
  - Our physician will read the preliminary results of your EEG and you or your ordering physician will be notified of the final results.