

How do I prepare for an EEG?

- 1. Wash and dry your hair the morning of the test. DO NOT APPLY ANY PRODUCTS TO YOUR HAIR.**
- 2. Wear comfortable clothes and shoes. No articles of clothing can be removed during the test.**
- 3. Do not take any prescription stimulants that day (i.e. Provigil, Ritalin, Adderall, Concerta, Vyvanse), or any prescription sedatives (Xanax, Valium, Ativan)**
- 4. You may take all of your other prescription medications.**
- 5. It is a good idea to bring a hat to wear home as there will be residual gel from the electrodes in your hair when you leave.**
- 6. Please bring a book or magazine to look at while the electrodes are being placed.**