

EEG INSTRUCTIONS:

What happens on the day of your EEG

The EEG room

You will be taken to the EEG room where the technologist will ask for some information about your medical history as well as the medications that you may be taking. You may have already given your physician this information. However, the technologist will still need to review this information with you. The room is a comfortable size with a full size bed to give you a quiet, restful space to relax.

Getting you ready for the EEG (~25 minutes)

The technologist will ask you to sit down in a chair where she will measure your head with a soft tape measure to make marks with a special red crayon of where the electrodes will be placed later. After this you will lay down on the bed where the technologist will use a cotton swab to scrub the marked spots and then apply the electrodes (“gold buttons”) on your scalp using a small amount of paste. Once the electrodes are applied, the study begins.

The EEG test (~45 minutes)

When the exam begins, the lights in the room will be turned off. The technologist will leave the room and communicate with you over the intercom. She will also be able to see you on the video camera.

Ideally we’d like to have you keep your eyes closed for most of the recording. You will be asked to open and close your eyes a couple of times. The technologist will then ask you some basic questions.

Then there will be a “deep breathing exercise”. The technologist will further discuss this procedure during the study. After approximately 15-20 minutes of “wake” recording and the deep breathing exercise, the technologist will help make you comfortable give you time to sleep. You can turn onto your side at this point with the help of the technologist. After 15-20 minutes of sleep, the technologist will wake you up. She will come in the room turn on the lights. She will then ask another series of basic questions/tasks. Afterward, a strobe light will be placed in front of your eyes which will blink on and off for ~3 minutes (more details will be explained during procedure). This will conclude the study.

After the exam (~5 minutes)

After the study is finished, the technologist will remove the electrodes. Your head will be cleaned with a wet wash cloth to get as much of the paste and red crayon off as possible.

You might need to shampoo your hair when you return home.

The technologist will not be able to share the results of the study with you. Your physician will talk with you about the results at your next appointment and what he or she recommends for next steps in your care at that time.

Special requests

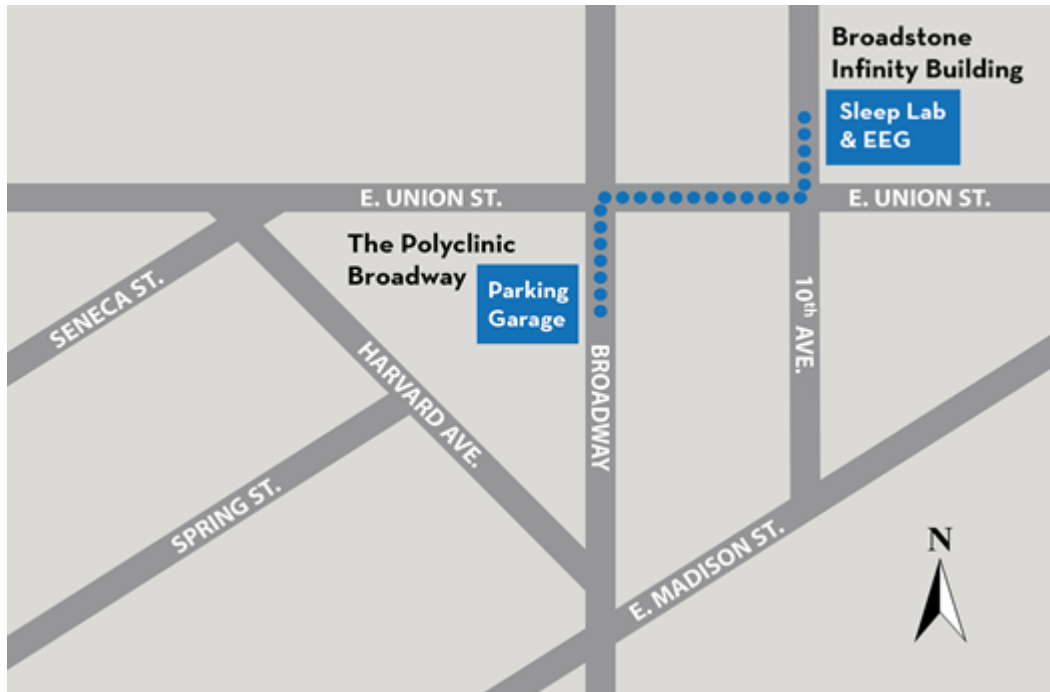
- Please make sure you get~3-4 hours less sleep than usual (go to bed later and wake up earlier)
- Please make sure your hair is clean and dry and please don't use any hair products (gel, hair spray, relaxer etc.)
- Please make sure you have something to eat before the test.
- Please no caffeine prior to study to help ensure sleep
- You may want to bring a hat to wear after testing (hair might be damp or messy)

EEG testing is performed at the sleep lab.

They are performed by Amie Jansen R. EEG/EP T. For further information, or questions please call:

(206) 860-2365 office hours 8:00 am to 4:00 pm

If you show up more than 15 minutes late for your appointment you will need to reschedule.



1414 10th Ave. • Seattle WA 98122 • 206.860.4545 or 206.860.2365

DIRECTIONS AND INSTRUCTIONS FOR CHECKING IN TO THE POLYCLINIC SLEEP LAB

Walking Directions from The Polyclinic Broadway garage to The Polyclinic Sleep Lab

- The Polyclinic Sleep Lab is located about one block east of The Polyclinic Broadway at the Broadstone Infinity Apartment building
- Upon exiting the garage on Broadway turn left. Cross the intersection on Union Street and then cross Broadway.
- Walk one block east on Union Street
- Cross 10th street at the intersection.
- Turn left and walk several feet to 1414 10th Ave.
- Upon arrival at The Sleep Center located in the Broadstone Infinity building call the Sleep Center pressing **592 call (button)** using the building's intercom and let them know that you have arrived. ***please do not follow anyone inside/or have anyone let you into to the building; the intercom is the only way the technologist will know you are here for the apt.***
- Staff will buzz you into the building. Wait in the building lobby for staff to come down to meet you. Staff will accompany you up to the Sleep Lab.

Patients with mobility issues who are unable to ambulate from The Polyclinic Broadway garage to the Broadstone Infinity building will need to contact the Sleep Center in advance of their appointment. At that time, accommodations can be made for drop off at the Broadstone Infinity building to meet the patients' mobility needs