

Neurodiagnostics Labs

Neurodiagnostics Labs | Stanford Neurosciences Health Center
213 Quarry Rd | Palo Alto, CA 94304 | 650-723-7181

EEG Instructions

An appointment has been made for to have an Electroencephalogram (EEG) test in the Neurodiagnostics Laboratory at Stanford Hospital. You have been scheduled for the following:

- Awake EEG
- Sleep EEG
- Sleep **Deprived EEG**
- Video EEG ___ hours

The test takes approximately one to one-and-a-half hours (except video EEG) and is entirely painless.

In preparation for the examination you should plan the following:

1. Wash and dry your hair thoroughly. Your scalp should be clean and free of oils, conditioners, hairsprays, etc.
2. Eat a meal (or at least a snack) before the EEG to help stabilize your blood sugar level.
3. Continue taking your regular medications, unless your doctor tells you otherwise.
4. Dress comfortably.

SLEEP EEG: We will want to record during wakefulness and sleep. We will want you to fall asleep naturally, so please follow instructions below in addition to those listed above:

1. Avoid caffeine beverages/foods (e.g., coffee, tea, colas, chocolate, etc.) before the test.
2. Stay awake the night before your test until midnight or awake early so you will be sleepy during your test.

SLEEP DEPRIVED EEG: You should be tired and fatigued for the recording of your EEG so please follow the instructions below in addition to those listed above:

1. Avoid caffeine beverages/foods (e.g., coffee, tea, colas, chocolate, etc.) after midnight before the test.
2. Sleep only to midnight prior to your test. You should try to stay awake the remainder of the night until you come in for your test.
3. **Please arrange to have someone drive you home after your test.**

VIDEO EEG: You should bring money to purchase lunch/snacks/drinks or you may bring these items from home. You may bring something quiet to work on (e.g., book to read, crossword puzzles, knitting etc.) since you will be monitored for a number of hours.

Appointments/ Cancellation

We ask that you **please check-in at our reception area located on the 1st floor 30** minutes prior to your appointment. If you are running late to your scheduled appointment, it may be necessary to reschedule your EEG. If you need to reschedule your appointment, please call the clinic **48** hours in advance at **650-723-7181** so that we may do our best to accommodate other patients. You will also be contacted via an automated system to confirm your appointment, please listen to the entire message as its contents has valuable information including the ability to respond yes or no to confirm or cancel your appointment.

If you have any questions, please feel free to contact us.

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Driving Directions:

From Bayshore US Highway 101 North or South

- *Take the Embarcadero Road/West exit.*
- *Follow Embarcadero Road for about two miles.*
- *Turn right on El Camino Real and left on Quarry Road.*
- *Turn left on Palo Road and right into the parking lot of Hoover Pavilion.*
- *The Hoover Pavilion is located at 213 Quarry Road.*

From Highway 280 North or South

- *Take the Sand Hill Road exit and head east.*
- *Turn right on Arboretum Road and left on Quarry Road.*
- *Turn right on Palo Road and right into the parking lot of Hoover Pavilion.*
- *The Hoover Pavilion is located at 213 Quarry Road.*

El Camino Real North or South

- *Turn on Quarry Road.*
- *Turn onto Palo Road and then into the parking lot of Hoover Pavilion.*
- *The Hoover Pavilion is located at 213 Quarry Road.*