



**10670 Wexford Street
San Diego, CA 92131
(858) 621-4006**

Check-in: Patient Registration Desk or Kiosk.

The EEG Testing Lab is located in the Internal Medicine Department, 1st floor

Your appointment for an EEG Test is on:

M T W Th F ____/____/ 201____ Time _____AM / PM

Adult EEG preparation:

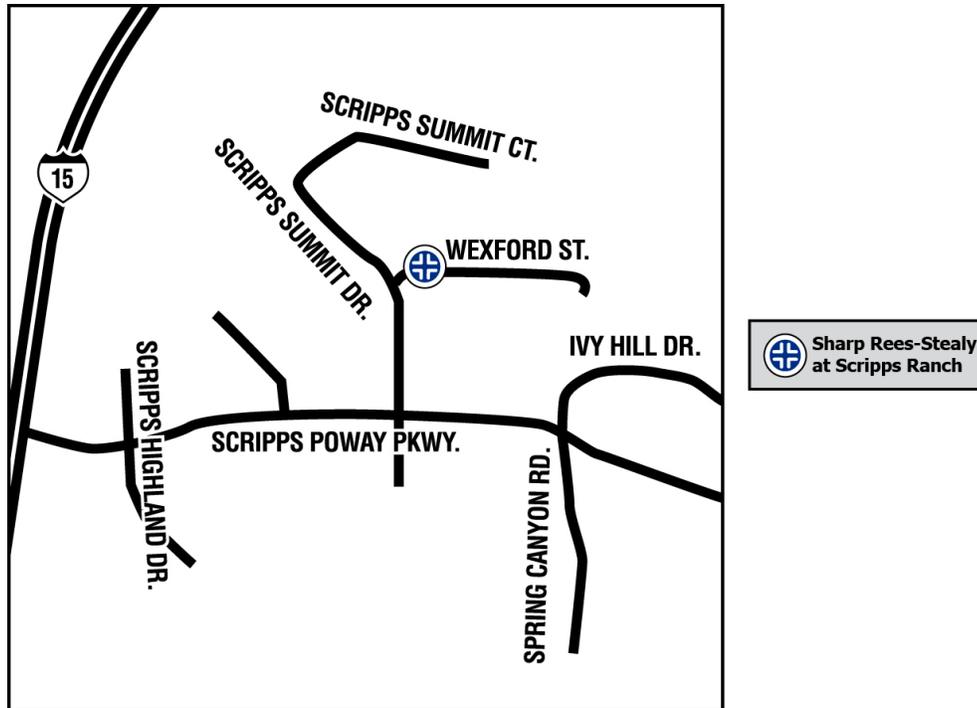
In order to obtain optimal results the patient needs to be tired enough to sleep for the EEG test. Patient should go to sleep at 1:00 AM and get up at 4:00 AM. Keep awake. No naps. No caffeine on the day of test. Avoid alcohol 12 hours prior to test.

Your doctor might give you special instructions not to sleep at all the night before the test. If you get too little sleep the night before the test, have someone drive you to and from the clinic. There is no need to be sleep-deprived for the EEG test if you are having the test done either for headaches only, or for a gradual memory loss only.

- The EEG test will take approximately 45 minutes.
- Continue your medications as usual. Bring a list of all medications you are taking.
- Hair and scalp must be clean and dry.
- Do not use any hair gels. Do not wear braids.

An EEG is a painless test that requires attaching an electrode cap to the scalp region of the head. The electrode cap has several electrodes attached to it and the electrodes set on top of the scalp. A small amount of conductive gel is placed between the electrodes and the scalp. The electrodes record the electrical activity of the brain. The electrical impulses of the brain are recorded to a computer. Nothing enters the patient's body. The EEG test has no side effects. The EEG technologist does not interpret the test.

To prevent delays and inconvenience to other patients, we reserve the right to reschedule anyone arriving late for a scheduled appointment. Please allow extra travel time, especially during morning and afternoon rush hour periods.



Directions to Scripps Ranch from I-15 traveling north

- Exit Scripps Poway Parkway and turn right/east
- Turn left onto Scripps Summit Drive
- Turn right onto Wexford Street and the facility will be on the left side

Directions to Scripps Ranch from I-15 traveling south

- Exit Scripps Poway Parkway and turn left/east
- Turn left onto Scripps Summit Drive
- Turn right onto Wexford Street and the facility will be on the left side

Parking

Free parking is available in the lot along the building.