



**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, 1<sup>st</sup> floor

Your appointment for an EEG Test is on:

M T W Th F \_\_\_\_/\_\_\_\_/201\_\_\_\_ Time \_\_\_\_\_ AM / PM

If you have any questions, please call the department and leave a message. Please provide the patient's name, (parent, or responsible party name) and contact phone number. The technician will call you. Please note: The EEG technologist does not interpret the EEG test.

**Pediatric EEG preparation:**

- 1 week to 1 month old: Wake child up 3 hours before EEG test.
- 2 month to 4 month old: Wake child up 4 hours before EEG test.
- 5 month to 9 month old: Wake child up 5 hours before EEG test.
- 10 month to 14 month old: Wake child up 6 hours before EEG test.
- 15 month to 23 month old: Put child to sleep at 11:00 PM and get child up at 5:00 AM the morning of EEG test.
- 2 years to 5 years old: Put child to sleep at 12:00 AM and get child up at 5:00 AM the morning of EEG test.
- 6 years to 17 years old: Have patient go to sleep at 1:00 AM and get up at 5:00 AM the morning of the EEG test.

**More instructions for 1 week to 18 month old:**

Keep child awake until test time. Please do not let the child sleep during car ride to the clinic. Bring any special blanket or toy your child likes to fall asleep with. If applicable, bring child's pacifier. Delay a feeding for during test time and bring plenty of milk/formula. Bottle or breastfeed child immediately before the test in the EEG lab. The

baby will then be allowed to fall asleep so the test can be done. One parent will be present at all times.

**More instructions for 19-month-old to 9 year old:**

Keep awake, no naps, especially during the car trip to the clinic. Bring any special blanket or toy your child likes to fall asleep with. No caffeine or large amounts of sugar on the day of the test. One parent will be present at all times.

**More instructions for 10-year-old to 17 year old:**

Keep awake, no naps, especially during the car trip to the clinic. No caffeine or large amounts of sugar the day of the test. One parent will be present at all times.

**More information for all pediatric patients:**

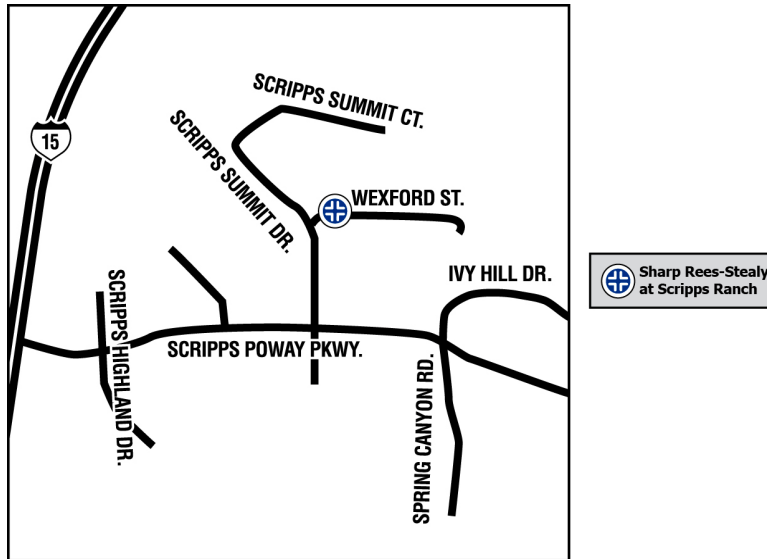
In order to obtain optimal results the patient needs to be tired enough to sleep for the EEG test.

The EEG test will take approximately 45 minutes. Patient can eat before EEG test. Continue medication as usual. Bring a list of medications the patient is taking.

- Hair and scalp must be clean and dry. Do not use any hair gels. Do not wear braids.
- After the EEG your child will need to go home and wash their hair to get the remaining gel out. This will wash out with a normal hair wash.

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.

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.