



Technician: Debbie R. 704-372-3714 Ext. 107

Patient Name: _____

Appointment Date: _____

Office: Charlotte / Monroe / S. Charlotte
(Circle One)

Time: _____

Note: Please tell patient the correct address

Sleep Deprived EEG Testing Preparation (All Offices)

Please arrive 10 minutes before the testing time.

The patient should have had a maximum of 4 hours sleep in the 24 hours previous to the test (Ex: 12:00 – 4:00 am).

The patient should not use any stimulant to help them stay awake.

The patient must have clean hair (no gels, sprays, mousse or oils).

The patient should take medications as normal.

The patient should eat meals as normal but should not have caffeine (coffee, soda, tea, etc.).

The patient should wear comfortable clothes.

The preparation and test will take one hour of total time.

EEG Testing Preparation (All Offices)

Please arrive 10 minutes before the testing time.

The patient must have clean hair (no gels, sprays, mousse or oils).

The patient should take medications as normal.

The patient should eat meals as normal but should not have caffeine (coffee, soda, tea, etc.).

The patient should wear comfortable clothes.

The preparation and test will take one hour of total time.

Ambulatory Testing Preparation (*See note below)

Please arrive 30 minutes before the testing time.

The patient must have clean hair (no gels, sprays, mousse or oils).

The patient must have a shirt that buttons or zips up and is not required to be pulled over the head to be remove.

Make sure you have a watch or other time keeping device (cell phone, etc.).

Please bring a scarf, cap or hat.

*Note: Testing done on Monday, Wednesday, and Friday at Main Office (only 3/day).

Testing done on Thursdays at the Monroe Office (only 1/week).

Testing done on Tuesdays at the S. Charlotte Office (only 1/week).

Vestibular Testing Electronystagmography (ENG) ** (Main Office Only)

The testing takes approximately 45 minutes to an hour. The directions listed below need to be followed in preparation for the testing.

Make sure that ears are clean with no waxy buildup in ear canals.

Do not wear facial or eye make-up.

Be prepared to remove contacts or eye glasses.

Wear comfortable clothing and flat shoes.

Eat only a light meal on the day of testing.

Please do not take any dizziness prevention medications unless medically necessary for 48 hours prior to testing. (Example: Anivert, Scopolamine, Xanax) This does not include Lasix if it has been prescribed for a heart condition.

Please do not consume any alcohol for 48 hours prior to testing.

Please refrain from smoking for 24 hours prior to testing.

Please do not consume any products containing caffeine for 24 hour prior to testing.