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Direct EEG Referral Form

Patient Name: _____ Today's Date: _____

Phone: _____ Sex: _____ DOB: _____

E-mail: _____

Address: _____

City: _____ State: _____ Zip: _____

Insurance (Primary): _____ Policy #: _____

VA Authorization Requested: Yes Date Requested: _____

Diagnosis Code: _____

Required Documentation: Recent Chart Note Patient Demographics

Routine EEG: Awake Drowsy Sleep Deprived EEG

Diagnosis/Clinical History:

_____ _____ _____ _____ _____ _____ _____

Previous EEG: Yes No

Date of last EEG: _____

Date of last Episode: _____

Referring physician: _____ Phone: _____ Fax: _____

Signature: _____ Date: _____

What you should know about your EEG procedure

What is an EEG (electroencephalogram)?

An EEG is a test that detects abnormalities in your brain waves, or in the electrical activity of your brain.

Why is sleep deprivation necessary before an EEG?

While sleep deprived there is an increased chance that unusual electrical activity may occur in your brain. These abnormalities typically can occur while under stress, including fatigue and drowsiness.

What do EEGs show/how does it help a doctor diagnose your problem?

EEGs take measure of the electrical signals in your brain and produce them as a waveform. While reading the shape, frequency, and height of the waves, your physician will be able to recognize any abnormal patterns in your brainwave activity and make the appropriate diagnosis.

How long does an EEG take?

Adult EEGs take approximately 1.5 hours. Small children may need longer testing durations.

How to get ready for an EEG:

- Wash your hair – Apply no sprays, oils, or dressings of any kind. Allow your hair to completely dry and hang free, without styling. If you wear a hairpiece or wig, you will need to remove it for the test.
- Eat a normal meal within 2 hours of the test. Continue taking prescribed medications unless otherwise instructed by your physician. Bring a list of your current medications to the appointment.
- Adults should sleep only 4 hours at most the night before the test.
- Children (newborn – 12). Keep the patient awake two hours past normal bedtime. Awaken the patient no later than 6am the day of the test. Do not allow the patient to fall back asleep after waking up. The patient should be sleepy for the test. If the patient is an infant, please bring bottle and diaper change.
- If is mandatory for safety that someone drives the patient to and from the appointment because of sleepiness.

What happens when you come to the laboratory?

- A technologist will be with you throughout the test and give you instructions as needed. The following activities will occur during your visit to the lab:
- The technologist will measure your head and put blue marks on your scalp with a soft pencil where the electrodes will be placed. Each spot will be scrubbed with a special cleaning solution on a cotton tipped applicator.
- The electrodes will be temporarily adhered to your scalp with a conductive gel. The electrodes are noninvasive and do not penetrate the skin.
- The test begins: The recording section of the EEG usually takes approximately 30 minutes. During this time you will be asked to close your eyes and relax. You will be prompted to open and close your eyes and to breathe deeply during a portion of the testing. A strobe light will also be flashed during a portion of the testing as well.
- After the test is complete, the electrodes will be removed with warm water. You may need to wash your hair after returning home to remove any residual adhesive.
- Your physician will read the preliminary results of your EEG and you will be notified of the final results.

Instructions for EEG for infants and small children:

- You may bring a blanket, favorite toy, and/or bottle for young children and infants.
- The test should be scheduled at naptime, if possible.
- The EEG is scheduled for 2 hours duration.
- One parent will need to stay with the child during the test.
- Please do not bring other children, as we do not have facilities for unattended children nor can they be present in the testing room while testing is in progress.

Date of testing: _____