



Sleep Deprived Electroencephalogram (EEG)

A **SLEEP DEPRIVED EEG** is a painless test of the brain activity and usually takes about 1hr to complete. Wires called electrodes will be placed on your scalp with electrode paste. This paste can be washed out with shampoo.

- **Please arrive 30min. before your appointment time** to register at the **Reception Desk** located in the Outpatient Care Center lobby at Clovis Community Medical Center.
- Your doctors' instructions supersede any conflicting instructions within this notice, if you have any questions contact your doctor or the Neurodiagnostic lab at 324-4977
- **You need to either wake up at 12:00 midnight or you can stay up all night until your appointment time. You may eat before the test, but please avoid any type of caffeine.**
- Please have your hair clean and dry. Do not use hairspray, gel, or any other hair products. If you have any type of hairpiece, wigs, or extensions in your hair, please let us know ahead of time. The technologist will determine whether or not the scalp can be reached. If the technologist cannot reach the scalp, your appointment will have to be rescheduled.
- **Please bring a list of any/all medications that you are currently taking.**
- Please be prepared to give the technologist any history regarding your symptoms.
- If you are late to this appointment, you may be rescheduled for the next available appointment, so it is very important that you keep this appointment.
- **Please call (559)-324-4977**
 - If you need to cancel or reschedule **(48 hours ahead of time)**.
 - If you have any other questions or concerns that could not be answered with these instructions.

Driving Directions

<p><u>From southbound HWY 99</u> Travel south on HWY 99 Take the Herndon Ave exit Turn left (east) on Herndon Ave Continue east on Herndon for about 14.5 miles Turn left on Temperance Ave, Hospital will be on the right</p>	<p><u>From eastbound HWY 180</u> Travel East on HWY 180 to HWY 168 EAST Take HWY 168 to the Temperance Ave exit Turn right (south) on Temperance Ave The hospital will be on the left</p>
<p><u>From northbound HWY 99</u> Travel north on HWY 99 to HWY 41 NORTH Take HWY 41 to HWY 180 EAST Take HWY 180 to HWY 168 EAST Take HWY 168 to the Temperance Ave exit Turn right on Temperance Ave Hospital will be on the left</p>	<p><u>From Fresno</u> The best route for patients coming from Fresno depends on freeway access near their point of departure. The two most commonly used routes are HWY 168 EAST and Herndon Ave</p>

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