



Division of Florida Pediatric Associates  
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## Preparations for Sleep-Deprived EEG

### FOR ALL CHILDREN

- Do NOT let patient fall asleep in car.
- Patient must be sleep-deprived so he/she will be able to fall asleep during the EEG. We ask that you keep the patient up until midnight the night prior to the EEG and wake him/her up at 5:00 am for an early EEG appointment.
- Patient must have clean hair - free of oil, gel, mousse and conditioner
- No Weaves - Braids are ok as long as they are not tight on scalp.
- Patient CANNOT have caffeine (tea, colas), sugar, or chocolate.
- Please take medications as normal, unless they are a stimulant used for treating ADHD. If you have any questions about medications questions, please call the office prior to the appointment.
- You may bring your favorite pillow, blanket, toy, movie, lullaby and sleepwear; shorts and a T-Shirt are fine. Bring a pair of socks for your child (as necessary if they get cold very easily). Please bring juice, milk, and snack for your child, if your child is scheduled for a 4-hour Video EEG study.

### INFANTS UNDER 18 MONTHS OF AGE

- Please try to schedule EEG around NAPtime.
- Please bring bottle, diapers and pacifier for the child. Please bring juice and snack for your child.

### A FEW REQUESTS FOR OUR EEG TECHNICIANS

- Please turn cell phones OFF prior to entering EEG Lab, as it maybe a distraction to the patient that is trying to sleep as well as a disruption of the EEG test.
- Please arrange for siblings or other children to be watched during the appointment time. Only One parent/guardian will be permitted in the EEG lab as it maybe a distraction to the patient during the EEG test as well for the safety of the children. Minor children will NOT be able to be left unattended in the waiting area.
- Upon checkout - schedule a follow-up appointment in 2 weeks with your provider for the EEG results - Reminder - child must be present as this will be a follow up appointment with results.