

HUMBOLDT NEUROLOGICAL MEDICAL GROUP, INC.

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EEG APPOINTMENTS

Your physician has ordered an electroencephalogram (EEG) in order to assist him/her in diagnosing your medical condition. EEGs are performed by our technicians at the St. Joseph Hospital on an outpatient basis (You will not have to be formally admitted to the hospital). The results of your test will be reviewed and interpreted by one of our neurologists and a copy of your EEG results will be forwarded to your referring physician. If your condition requires further testing and/or treatment by a neurologist, your physician may refer you to our medical group for a consultation.

What is an EEG? - EEGs are used to test the health and function of the brain. The procedure is painless. The technician will use an electrode cream/gel to temporarily attach electrodes to your scalp. Then, while you relax in a reclining chair, your brainwaves will be monitored on a machine. You may be asked to open and close your eyes, to do some deep breathing, look at flashing lights, or other simple tasks. Video photography will be obtained in order to correlate clinical movements with brain wave patterns. When the recording is completed, the electrodes will be removed, and most of the gel will be wiped from your hair (although a small amount of residue may remain until washed).

Appointments - Please confirm the appointment at least one day in advance by calling our office at 443-9385. If you cannot make your appointment, please call at least 24 hours in advance to cancel, so another patient can be seen during your appointment time. If you fail to show for your appointment, you may be charged a \$100 no show fee.

1. Make sure your hair is clean and dry. Do not use excessive hair spray, mousse, etc.
2. Take all medications as usual, unless otherwise instructed by your physician.
3. Bring a list of your current medications and your insurance cards to the appointment.
4. Please arrive 15 minutes prior to your appointment time to register in the Outpatient Registration area.
5. The outpatient receptionist will then notify the technician of your arrival and inform you where to wait.

Paying for your services – You will receive a bill from St. Joseph Hospital for the EEG procedure. There will also be a charge from our office for the interpretation of the test. As a courtesy, we bill all insurance plans. We are participating providers in the following insurance plans: Humboldt-Del Norte Foundation Health Insurance (Palco, County of Humboldt, etc.)

Humboldt-Del Norte IPA Health Insurance (CaliforniaCare)

Champus Medi-Cal MediCare Veterans Administration Workman's Compensation

If you have Blue Cross Insurance, we advise you to call the Customer Service telephone number on the back of your insurance card to request an out-of-network referral authorization number so your services will be processed at the higher, participating provider rate.

Payment in full is required within 30 days.

Please call our billing staff at 443-9542, if you need to make special payment arrangements.

See next page for special instructions

- **Children, toddlers and infants.**
- **If your physician has requested a sleep deprived study.**

Special Instructions for Patients Having a Sleep-Deprived EEG

If your physician has requested a sleep-deprived EEG, please follow the instructions for a routine EEG and:

- Do not sleep for 24 hours prior to testing time.
- Do not drink more than two (2) caffeinated beverages after 2:00 a.m.

During the test we will attempt to have you fall asleep briefly because both the awake and asleep parts of the test can assist the physician in diagnosing your condition, as well as the sleep deprivation itself.

A few suggestions to help you stay awake:

- Stay active. Accomplish projects or activities around the house.
- Have someone stay awake with you.
- Go outside for fresh air or a brisk walk.
- Go to a new surrounding for awhile, such as an all-night coffee shop.

The most difficult time to stay awake is the early morning hours just before dawn. However, this is the most important time to stay awake. If you happen to fall asleep, please call our EEG technician after 7:30 a.m. at 443-9385, to discuss whether or not the test will still be effective.

If you are under 12 years old, or have disabilities that may otherwise interfere with staying awake all night, please discuss this with the technician or receptionist prior to your appointment.

Special Instructions for Infants and Toddlers:

In the best interest of your child and the outcome of the EEG results, we do not use sedation in our laboratory. We will attempt to schedule your appointment around your child's naptime. However, we need your cooperation in the following to assure a quality recording:

- Please make sure your child is very sleepy when you arrive for the appointment. This can be done by keeping him/her awake far past their routine bedtime and waking him/her very early in the morning. Or, if s/he normally takes a morning nap, avoid it.
- If your child takes a bottle or nurses, withhold it for several hours prior to the appointment. Feeding solid foods is ok. Bring one or two prepared bottles to the appointment to be given during the testing (or be prepared to nurse). Do not allow your child to drink or nurse while you are waiting for the appointment. The technician will let you know the most appropriate time to offer the bottle or to nurse.
- Bring your child's "security" blanket (or stuffed animal, doll, etc.) to his/her appointment.
- Although we have a few toys and books to keep a child's interest, we recommend you bring something to keep him/her busy while the technician applies electrodes.

For the highest quality test, our goal is to record your child's brainwaves during wakefulness, drowsiness, and light sleep. S/he will be allowed to sit on your lap during the procedure. Your cooperation and patience will enhance the quality of the test.

Please call to discuss any concerns or questions with one of our EEG technologists at 443-9385.