

**CARDIOPULMONARY
PATIENT REFERRAL**
CLINICAL NEUROPHYSIOLOGY LAB
(905) 813-2712

INSTRUCTIONS TO PATIENTS HAVING EMG OR EP OR EEG

EMG

- 1) Avoid wearing pantyhose, long johns, etc. for testing of lower extremities.
- 2) Do not use hand or body lotion prior to the examination.
- 3) Be sure to have hand and/or feet thoroughly cleansed before the test.
- 4) It is very important to bring a translator with you if you cannot speak English.
- 5) Bring a complete list of medications.
- 6) If you have had or have any viral infections such as HEPATITIS please inform the examiner.
- 7) Please wear clothes that are easily removed as you will be changing into a hospital gown.

EP

For Evoked Potential, all above instructions as well as:

- 8) The hair must be washed and gels and hair spray should not be used.
- 9) Patients should bring corrective eye glasses or contact lenses.

EEG

Routine

- 1) Plan to be in the EEG lab for 45-60 minutes.
- 2) Hair should be clean, free of gel, hair spray.
- 3) Bring a complete list of medications.

SLEEP EEG

- 1) Plan to be in the EEG lab for 1 - 1/2 hours.
- 2) The test is done at 8:30 a.m. and you are required to stay awake all night , to fast and not drink any coffee or tea or any product containing caffeine.
- 3) Children are required to stay awake after midnight for a successful sleep study.
- 4) The recording will be done while the patient is falling asleep.

BABIES AND CHILDREN UNDER AGE 4 OR WITH SPECIAL NEEDS

- 1) Plan to be in the EEG lab for 1 - 1/2 to 2 hours (DEPENDING ON THE COOPERATION OF THE CHILD).
- 2) Arrive 15 minutes early to register, and allow time for sedation.
- 3) Make sure you bring milk or juice bottles, favourite blanket and toys for your child.
- 4) **MAKE SURE THE CHILD DOES NOT SLEEP PRIOR TO THE TEST OR IN THE CAR WHILE ON THE WAY TO THE HOSPITAL.**
- 5) A signed requisition with a sedation order must accompany the patient.

