

## 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, on an out patient basis, by our technicians at St. Joseph Hospital. The results of your test will be reviewed and interpreted by one of our neurologists and a copy of the results will be sent 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 digitally 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. A video monitor will also be used to help correlate any body movements with the EEG 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 us at 443-9385. If you cannot make your appointment, please call at least 24 hours in advance so another patient can be seen during your appointment time. If you fail to show for your confirmed appointment, you may be charged a \$100 no show fee.

Your electroencephalogram (EEG) is Mon./Tues./Wed./Thurs./Fri. \_\_\_\_\_ at \_\_\_\_\_ am/pm at **St. Joseph Hospital**, located at 2700 Dolbeer Street in Eureka. *See map to St. Joseph Hospital below.*

#### Appointment instructions -

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 30 minutes prior to your appointment time to register in the Outpatient Registration area, located in the main lobby of the hospital. (Main hospital campus – new wing).
5. The registration clerk will notify the technician of your arrival and inform you where to wait.

#### Paying for your services – You will receive two bills for the EEG:

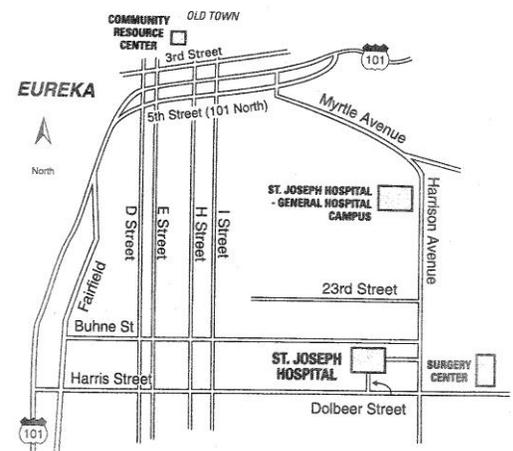
1. St. Joseph Hospital will charge you for the testing procedure.
2. Our office (Humboldt Neurology) will bill you for the cost of the interpretation.

#### Regarding the Humboldt Neurology bill for interpretation:

We bill all insurance plans. We are participating providers with the following insurance plans: **Anthem Blue Cross PPO, Anthem Blue Cross HMO (California Care), Blue Shield HMO and all other plans administered by the Humboldt-Del Norte Foundation for Medical Care, Blue Shield PPO, Partnership Healthplan, Medi-Cal, Medicare, California Children's Service (CCS), and some Worker's Compensation.**

If you are covered by any of these plans, please check your benefits to determine if prior authorization is required for our services.

Payment in full is required within 30 days. Please call our billing staff at 443-9542 if you need to make special payment arrangements.



## **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.

**\*Note:** You will be informed at time of scheduling if you are to be sleep deprived. Not all EEGs are requested Sleep Deprived.

## **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.

## **Instructions for Children (Not infants or toddlers)**

Because your child will be requested to lay still, with eyes closed, for a prolonged period of time, it is best if the child is sleepy when they arrive for the procedure. Please have them stay up extra late the night before, and avoid any daytime naps.

**If your child is requested to have a sleep deprived study**, please refer the instructions at the top of the page.

**Please call to discuss any concerns or questions with our EEG technologist at 443-9385.**