


Name of Policy:	<u>Sleep Deprivation for EEG</u>	 <p>Effective Date: 6/1/2020 Initial Effective Date: 9/25/1996</p>
Policy Number:	3364-138-18	
Department:	Neurodiagnostics	
Approving Officer:	Associate VP of Patient Care Services UTMC	
Responsible Agent:	Manager, Neurodiagnostics	
Scope:	The University of Toledo Medical Center Neurodiagnostics	
<input type="checkbox"/> New policy proposal <input type="checkbox"/> Major revision of existing policy		<input type="checkbox"/> Minor/technical revision of existing policy <input checked="" type="checkbox"/> Reaffirmation of existing policy

EEG PREPARATION

- Please have clean hair without any hair styling products such as oil, gel, or hairspray. Also, please do not braid or weave hair.
- Refrain from drinking caffeinated beverages such as coffee, tea, or pop 24 hours before exam.
- Be sure to eat a good meal before the EEG.
- Continue to take regular prescribed medication, unless otherwise indicated by your physician.
- A parent or guardian must accompany minors (under the age of 18)
- The entire process takes approximately 1 ½ hours – 2 hours.

1. Total sleep deprivation (Sleep deprived)

- A. Patient should be given a morning appointment unless a later time is requested.
- B. Adult patients and children 8 & above will be instructed to be awake for a full 24 hour period prior to the appointment time. Children under the age of 7 will be allowed 4 hours of sleep in the 24 hour period prior to the appointment time.
- C. Patients who usually sleep during the day and are awake all night should be given the last appointment of the day. (Example someone who works the night shift).
- D. All patients will be given the instructions for a routine EEG.
- E. Adult sleep deprived patients should be encouraged to have a driver.

2. Partial sleep deprivation (Routine with sleep)

- A. Patient should be given a morning appointment, unless a later time is requested
- B. All patients will be instructed to have only 4 hours in the 24 hours period prior to the appointment time.

3. Unprepared Patients

- A. Patients who are not adequately sleep deprived should be rescheduled.
- B. If the patient for any reason cannot follow instructions for sleep deprivation, we would need an order for a routine EEG.
- C. Patients who usually sleep during the day and are awake all night should be given the last appointment of the day. (Example someone who works the night shift).

Approved by:	Review/Revision Date:
/s/ _____ Cynthia Zapotosky, BSN, RN Manager Neurodiagnostics Date	3/28/1991 8/8/2011 5/28/1992 8/1/2014 9/3/1993 6/1/2017 6/29/1995 5/29/2020 9/24/1996 11/28/1997 10/12/1999 10/29/2001 9/24/2003 9/16/2004 11/1/2006 6/29/2007 8/11/2010
/s/ _____ Monecca Smith, MSN, RN Associate Vice President of Patient Care Services Date	Next Review Date: 6/1/2023
Policies Superseded by This Policy: 17-1-06	