

Dr Hidalgo's In-Office Neurophysiology Tests and Preparations

Appointment: Date	Time	Tests

Results: Tests take about 1-2 week to be read by the doctor. When read, they will be sent to your referring physician(s). **You will only be called about results if there is critical information to share with you.** Otherwise you should make a follow-up appointment with the doctor to go over all test results. If you are only here for testing, you can call your referring physician for results.

For all tests:

- Continue to take your current medications unless specified under specific test.
- You may eat breakfast/ lunch prior to or after the test.
- Cell phones must be silenced or turned off before tests so they will not interrupt testing.
- Do not smoke on the day of testing.
- Children are not able to accompany you into the testing room and not to be left alone in the waiting room.
- You will not see the physician before or after testing unless you have a separate appointment.

EEG Test (Electroencephalogram) Allotted Time: 40 minutes

An EEG records the electrical activity of your brain by means of electrodes attached with a cap using paste and gel to conduct the electricity. Hook up for the test is about 15-20 minutes before the 20- minute recording. You will be reclined in an easy chair during the recording with your eyes closed, relaxing. It will help diagnose structural diseases of the brain like strokes and tumors, episodes such as seizures, fainting, or blackouts and conditions like memory loss, mental decline, and confusion

Prep:

- Clean, dry hair with no products
- Eyeglasses, hearing aids, jewelry, hair pieces, and toupees must be removed for test but can be worn before and after testing.
- It is advised to bring a comb, brush, hat, or hair tie for after the test. Your hair will be messy.

****For Sleep Deprived EEGs only: Please stay awake for 24 hours before scheduled test and remember to bring a driver to drive you to and from testing****

EP Tests (Evoked Potentials)

Evoked potentials record the brain's electrical response to visual, auditory, or sensory stimulations. Each test lasts about a half an hour and is generally painless. You will sit in an easy chair during the tests with electrodes pasted to you.

- VEP (Visual Evoked Potentials) Allotted Time: 20 minutes

This test checks the function of the nerve connection between the eyes and the brain. Electrodes will be pasted to your scalp, and you will be staring at a flashing checkerboard pattern during the test. You need to be alert and still during this test.

Prep:

- Clean, dry hair with no products.
- You should wear your eyeglasses or contacts, but you may be asked to remove them.

- BSEP (Brain Stem Evoked Potentials) Allotted Time: 20 minutes

This test evaluates the nerve connection from the ear to the brain. This tests a vital part of the brain called the brain stem which controls essential functions of the body. Electrodes will be pasted to your scalp, and you will put on headphones and hear clicking noises and static. You may sleep during this exam.

Prep:

- Clean, dry hair with no products
- Wear your hearing aids but you will be asked to remove them for the test.

- SSEP (Somatosensory Evoked Potentials) Allotted Time: 40 minutes

This test tracks the nerve connections from either the hands or the feet to the brain, via the spinal cord. It, therefore, is a test for functions of nerves, spinal cord, and brain.

- Upper- Will test the nerve in your hand. Electrodes will be pasted to your scalp, neck, and shoulders. Minute electrical impulses will be given to your nerves via a stimulator on your wrist making you thumb twitch. Relaxation is necessary for this test

Prep:

- Clean, dry hair with no product
- No lotions, oil, or powder on skin
- Wear short sleeves with an open neck shirt or blouse

- Lower- Will test the nerve in your feet. Electrodes will be pasted to your scalp, shoulder, spine, and legs. Minute electrical impulses will be given to your nerves via a stimulator on your ankle making your big toe twitch. Relaxation is vital for good results for this test, and in some cases, the use of mild sedative is helpful.

Prep:

- Clean, dry hair with no product
- No lotions, oil or powder on skin
- Wear an open neck shirt and loose pants or shorts.
- **If prescribed valium or other sedative medications**, have it filled, and bring it with you. **Do not take the medication ahead of time. You must have a driver** with you to drive home after the test

Balance Test

Allotted Time: 10 minutes

This tests your ability to balance without support. You will be hooked into a harness to prevent falling and stand on a platform while following a few simple directions.

Prep:

- Please wear shorts or pants rather than a dress or skirt due to the harness.
- Wear or bring a pair of socks as you will be asked to take off your shoes.

VNG (Videonystagmography)

Allotted Time: 1 hour

This is a test that studies your eye co-ordination and tests the condition of the balance portion of your inner ear and its connection to the brain. You will wear goggles with cameras that will record your eye movement. You will watch a moving light and be asked to sit, lay down, and move your head at different times. If ordered, a section of the test requires blowing cool and warm air in your ears which might make you dizzy or nauseous. It helps locate the problem areas related to dizziness and related conditions.

Prep:

- **Have a good nights sleep before the test.** You must be awake and alert for a good recording
- **Do not take the following medications:** barbiturates, antihistamines or any sedative drug for dizziness.
- **Do not wear make-up or false lashes.** Eye make-up especially can affect the recording quality.
- Wear comfortable clothes
- Three hours before the test do not drink any caffeine or eat any heavy foods.
- Optional- bring a driver because you may be dizzy after the test, though most patients are fine to drive after a short time.

EMG (Electromyogram) and NCT (Nerve Conduction Test) Allotted Time: 45 minutes

EMG and NCT measure and record the electrical activity of muscles and nerves. **This is the only test performed by the doctor.** These are very helpful tests in patients with numbness, tingling, weakness, fatigue, or pain in the back, neck, limbs or other parts of the body. There may be slight discomfort because small needles are inserted into the muscles and mild electrical impulses are given to stimulate the nerves. You will be asked to lie on an examination table during the test.

Prep:

- **Do not use lotions, oils, or powder on skin on the day of the testing.**
- The test will not interfere with pacemakers.