

PREPARATION FOR THE QEEG

The following instructions apply to the person who will be having the QEEG:

Get a good night's sleep before the EEG, and eat a good breakfast.

On the morning of the test day, thoroughly shampoo your hair TWO times. Be sure to scrub your entire scalp, forehead, and earlobes with your fingertips, rinse your hair thoroughly between and after washing. Hair must be thoroughly dried for the EEG.

Do not braid your hair. Do not apply hair conditioner, mousse, gel, or hair spray, and keep your forehead free of make-up, lotions, and conditioners.

Do not wear earrings or ornaments on the day of the EEG.

You may need to read during the test, so if you wear glasses, please bring them with you. Do not wear contact lenses as they may become uncomfortable thereby causing EEG artifact which disrupts the acquisition of good EEG data.

If possible, you should be free of medications or substances that may alter the EEG for at least 24 hours prior to the EEG, with the consent of the physician who prescribes them:

- Stimulants (Ritalin, Adderall, Concerta, Vyvanse, etc.)
- Anti-anxiety (Xanax, Valium, Klonopin, etc.)
- Pain killers (Lortab, Vicodin, hydrocodone, etc.)
- Anti-depressants (Prozac, Lexapro, Imipramine, Effexor, Zoloft, etc.)
- Other psychotropic medications (Zyprexa, Lamictal, Depakote, Serzone, etc.)
- Sleeping pills
- Hormones
- Caffeine, Nicotine
- Alcohol
- Marijuana

Note: some medications may be stopped safely for a period or time, while stopping others may cause serious side effects, neurological impairment, or harm. Furthermore, there may be times when it is not desirable to stop certain medications. If you have any questions about this, please call and discuss them with your physician at least several days before the test. And remember, you should not make any decisions about stopping medications without first consulting with the physician who prescribed them. Make sure you check with your physician before stopping any medication!

Please do not use stimulants the day of the test. Examples are: Coffee, tea, cigarettes, caffeinated soft drinks, etc. Also, avoid illegal or over-the-counter drugs, foods, herbs, or herbal teas that promote sleep/relaxation or the awake/alert state on the day of the EEG, including Red Bull, 5-Hour Energy, etc.

Be sure you are well rested and alert prior to the EEG. Perhaps eating a light snack before the test would be helpful. If you are not well rested, the EEG acquisition should not be done.

If you are thinking about getting a hair cut soon, now would be a good time to do so, before the EEG recording. Extremely short hair that stands up stiffly is not recommended, however.

Remember that the EEG acquisition is a safe, painless, non-invasive process. You will sit in a chair while a cap measured to your head size will be placed on your head. The nineteen sensor sites on the cap will be filled with a gel by use of a blunt needle syringe. Then the end of a Q-tip may be used to insure good contact with your scalp through your hair. This will be measured using a meter. You will sit in a comfortable chair with the cap on while the clinician records your EEG on a computer. This will be done with your eyes closed, with your eyes open, and possibly while doing some mental task. At times, clients find the cap to be a bit uncomfortable due to the neck strap, etc. Please let your technician know immediately if you are uncomfortable so that adjustments can be made to make you as comfortable as possible.

The entire process should take approximately 45 minutes, assuming that we get a good recording. The quality of the recording is significantly reduced by head movement, jaw clenching, tongue movement, eye rolling, excessive blinking, neck and shoulder tension, talking, excessive mental activity, etc. It is important to sit very still during the recording, relax your jaw and face, keep your eyes from moving about, relax your neck and shoulders and stay awake. Turn off your cell phone or other mobile wireless devices. Your compliance with these suggestions will speed the EEG process and maximize the benefit of the information we gather.

At the end of the test, the technician will remove as much of the test-related gel as possible. Much of the dried gel can be combed out of your hair at the conclusion of the test. If you want to wash your hair when the process is completed, bring your own towel and shampoo—you may use one of the restrooms at the office.