

## **LENS Session: What you need to know before your appointment**

**Your preparation for and performance during the LENS session is critical in order to obtain reliable and accurate results. Please ensure you read the following instructions carefully and adhere to all requests:**

- You must, wash and rinse your hair and avoid using styling gels, etc. on the day of your LENS session. Gels and conditioners can at times make it more difficult for the EEG sensors to make good contact with your scalp.
- If you have a toupee or wig, please remove or be able to remove for your appointment.
- You may wish to bring a comb and a hair tie, as the paste will dry and flake afterwards.
- You may wish to bring a scarf or a hat to hide your messy hair afterwards.

**Please avoid:**

- Nicotine should be avoided 3 hours prior to your LENS session.
- Alcohol should be avoided 12 hours prior to your LENS session.
- Please avoid all recreational drug use for 7 days before your LENS session.
- ***On initial visit only:*** Please bring a current list of all prescribed, over-the-counter (OTC), or recreational drugs or herbal/nutritional supplements that you are taking including the doses and last time taken.
- Do not drink coffee or any caffeine products within 3 hours of your LENS session.
- Be sure to drink plenty of water in the 24 hours before your LENS session and drink at least one glass of water within the hour prior to your LENS session.
- Please be sure to get a good night of sleep before the LENS session. Do not take any prescription or OTC sleep preparations. Let the technician know if there has been any problem with sleep or if you are exceptionally tired on the day of your LENS session.
- Do your best to eat a balanced meal or snack a little while (1-3 hours) before your LENS session.

**If you are sick or feel a cold or flu coming on, please call to reschedule.**

### Cancellation Policy

If you do not show up for your scheduled therapy appointment, and you have not notified us at least 24 hours in advance, you will be required to pay the full cost of the LENS session.