

QEEG Assessments: What you need to know before your appointment

Your preparation for and performance during the QEEG recording 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 arrive with clean hair, free from any creams, gels, hair sprays or other products. You will be asked to wear your hair loose during the assessment so that we may fit the cap on properly.
- If you have a toupee, wig, or corn-rows, please remove or be able to remove for your appointment.
- You may wish to bring a comb and a hair tie, as the saline gel 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 session.
- Alcohol should be avoided 12 hours prior to your session.
- Marijuana should be avoided 72 hours prior to your session.
- Please avoid all recreational drug use for 7 days before your QEEG.
- Do not drink coffee or any caffeine products within 3 hours of your appointment.
- If you are taking stimulant medication, it is preferable to do the QEEG recording after the proper washout time period. Please check with your prescribing physician to determine if it is possible to stop taking the stimulants prior to recording the QEEG. Please speak to your prescribing physician about the appropriate half-life prescription washout time period.
- Be sure to drink plenty of water in the 24 hours before your QEEG and drink at least one glass of water within the hour prior to your QEEG.
- 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.
- If you wear contact lenses, be prepared to remove them during your session (these can cause excess eye blinks / movements). Bring any contact lens solution and containers that you will need if you remove your contacts.
- Do your best to get a good night's sleep before your QEEG. Please know that over the counter sleep aids and prescription sleeping medications can affect your EEG.
- Please be sure to have a good protein breakfast at least 1 hour prior to the QEEG. But avoid eating large or heavy carbohydrate, high fat meals or ingesting high sugar content foods or beverages within 2 hours of your QEEG.
- Use the restroom if you need to prior to the start of the QEEG because we will not be able to stop once the recording begins.
- Turn off your cell phone and any other electronic devices during your recording.

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 session.