



## Preparation Instructions for the QEEG

- **BE AS RESTED AS POSSIBLE**

Try to be as well rested and alert as possible prior to the EEG. If you unusually tired (for you), the EEG acquisition should not be done. Please contact your clinician before the appointment if you are feeling extremely tired or sleepy that day and we will reschedule.

- **CLEAN, DRY HAIR**

The day before or the day of the test, 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 dry for the EEG.

- **NO HAIR PRODUCT**

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

- **NO STIMULANTS**

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.

- **NO CONTACTS**

Do not wear contact lenses as they may become uncomfortable thereby causing EEG artifact which disrupts the acquisition of good EEG data.

- **MEDICATIONS**

It is best to be free of medications that may alter the EEG. Prior to scheduling the QEEG, our staff will gather a detailed medication history from you and consult with your prescribing doctor as needed. **Do not make any decisions about stopping medications without first consulting with the physician who prescribed them.**

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### **Cost and Information Related to Billing Insurance**

The QEEG fee of \$880 covers the cost of data acquisition, a neurologist's review and a written report with treatment recommendations by Jay Gunkelman, world-renowned QEEG specialist, president and chief science officer at Brain Science International. Usually insurance does not cover the QEEG. Please contact Robin for more information.