

Virginia Neurofeedback, Attachment & Trauma Center

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Information and Instructions Regarding the QEEG Process

I have recommended that you receive a QEEG to assist in your treatment planning (or the treatment planning of your child). It is a computerized form of the electroencephalogram (EEG). The QEEG is becoming of increasing value in guiding the neurofeedback process because of recent improvements in the databases used and in the manner in which the data is utilized to formulate an individualized treatment plan.

You should know that neurologists, the physicians whom historically have most utilized EEG information, are divided on the value of the QEEG and that some professionals consider it to be investigational in nature. None-the-less, many clinicians who provide neurofeedback find the QEEG to be very valuable in planning a neurofeedback treatment course. As is the case with the neurofeedback process, I cannot assure you that the QEEG will lead to successful neurofeedback treatment (or if we have done neurofeedback prior to doing the QEEG, that it will lead to more success than has been achieved thus far). However, it is the experience of many clinicians that the QEEG frequently leads to more efficient and more effective neurofeedback.

The actual process involves putting a cap on the head and placing electrode conductive gel into each of twenty sensors on the cap. It is necessary to press the conductive gel down through the hair so that it makes a good electrical contact. Rarely, but occasionally people who are very sensitive to touch find this process uncomfortable. However, most people can easily tolerate the process. Once the cap is on it is necessary for the individual to sit very still with eyes still and upper body muscles relaxed. It is not necessary to remain this way for prolonged periods and it is possible to stop and take breaks during which time the person can move around.

If the individual being mapped takes medication that could interfere with the process, in some instances it may be desirable, *and only with your physician's approval and instructions*, to discontinue the medication before doing the mapping process for 5 half-lives. If any such medication is being taken, be sure to discuss it with me at the time you make an appointment for the QEEG.

Once the QEEG data is gathered, it is run through computerized normative databases and reports are generated. The QEEG data is sent to Brain Science International, where a report will be produced by Jay Gunkelman. Brain Science International is a world leader in EEG, QEEG and functional QEEG analysis, providing EEG interpretation, analysis and consultation and neurofeedback recommendations. All cases will be reviewed by a physician at Brain Science International. This is especially helpful in cases where seizure activity head-injury history is present or suspected, or if treatment goals related to a neurologically-related disorder.

The fee for the test covers the cost of data acquisition, processing through one or more normative databases, and the cost of consultation with the expert, Jay Gunkelman, who reviews the information, as well as the final BSI report generated based on the data, which includes recommendations for neurofeedback protocols. **It is important to note that most insurance companies consider the QEEG experimental and will NOT reimburse for it.** Please contact your insurance company for more information. There are two CPT billing codes that could work for the QEEG: **95816** or **95957**.

The cost of the Quantitative EEG Acquisition & Brain Sciences International QEEG Advanced Analysis and Report is \$785.

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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 me 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**

Do 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! If possible, you should be free of medications that may alter the EEG for at least 48 hours prior to the EEG. 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 prescribing physician at least several days before the test.

The entire process should take approximately one hour. At the end of the test, I will remove as much of the test-related gel as possible. It is likely you will want to plan to go home and wash your hair when the process is completed.