



Preparation Instructions for QEEG

- **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 QEEG.

- **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, wear earrings or perfume.

- **NO STIMULANTS**

Please do not take stimulants on the morning of the test. Examples are: coffee, tea, cigarettes, energy drinks, caffeinated soft drinks, etc. 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 QEEG. Please take all prescription medications other than short-acting stimulants as usual.

- **EAT WITHIN 2 HOURS BEFORE THE TEST**

Drink 8 oz of water and eat a healthy breakfast, high in healthy fats and/or protein and **no** sugar, in the 2 hours before the test to normalize your blood sugar, which will stabilize your EEG and give us a more accurate reading. Examples: Nut butter on toast or steel cut oats

- **NO CONTACTS**

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

- **TRY TO HAVE AN AVERAGE NIGHT OF SLEEP**

If you are unusually tired (for you), the QEEG acquisition should not be done. Please contact me before the appointment if you are feeling extremely tired, sleepy or sick that day and we will reschedule.

The entire process should take 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 after process is completed.



The QEEG, a computerized form of the electroencephalogram (EEG), is used to assist in planning your treatment, or the treatment of your child. This test is useful for guiding the neurofeedback process. Neurologists, the physicians whom historically have most utilized EEG information, are divided on the value of the QEEG and some professionals consider it to be investigative in nature.

Many neurofeedback providers find the QEEG to be invaluable in planning a neurofeedback treatment course. There is no guarantee that the QEEG will lead to successful neurofeedback treatment. However, it is the experience of many clinicians that the QEEG frequently leads to more efficient and more effective neurofeedback.

The acquisition process involves the use of an electrode cap and conductive gel. While most people can easily tolerate this process, a few who are very sensitive to touch find this process uncomfortable.

Once the cap is situated, 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.

All cases will be reviewed by Dr. Robert Turner, MD, MSCR a specially trained neurologist at Clinical NeuroAnalytics. The visual inspection of EEG data by a neurologist is the gold standard in practice and will assist in identifying medically significant findings in the EEG.

Your QEEG data will also be processed and compared with computerized normative database information at Clinical NeuroAnalytics, where a report will be produced by Ronald J. Swatzyna, PhD, LCSW. Clinical NeuroAnalytics provides EEG interpretation which will explain the patterns found in your brain, analysis and consultation as well as neurofeedback recommendations.

The cost of the Quantitative EEG Acquisition & Clinical NeuroAnalytics QEEG advanced analysis and summary report is \$1285. The fee for the test covers the cost of data acquisition, neurologist screening, processing through one or more normative databases, and the cost of consultation with Dr. Swatzyna, chief science officer at Clinical NeuroAnalytics, who reviews the information, as well as the final report generated based on the data including 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.

IMPORTANT: It is imperative that you arrive on time for the QEEG acquisition appointment. If you are late and it is determined that there is not sufficient time to complete the test during the scheduled appointment time, there will be a \$150 fee and the test must be rescheduled.