AllNeuro *Pathways*

qEEG Preparation Instructions

1. Have a good night's sleep. This will affect the quality of your data. If you are exhausted the day of the QEEG, then please cancel and reschedule.
2. Eat a healthy meal 1-2 hours prior to the test (avoid too much sugar).
3. Your hair needs to be clean and dry. Wash with shampoo ONLY (NO conditioner).
4. DO NOT use ANY conditioners, mousse, styling gel, hair spray, essential oils or other products after washing your hair. This can impact our ability to get good connections.
5. If you are on any prescription medication for medical issues, it should be continued as indicated by your doctor.
6. If you are taking any psychotropic medications such as antidepressants, anti-anxiety or ADD/ADHD prescriptions, talk to your doctor about the possibility of weaning off them before the qEEG. This will give us a picture of your brain without medication which is optimal for treatment planning.
7. If you have been diagnosed with Bipolar disorder or need your medications for stabilization and functioning, it is NOT necessary to discontinue use for the QEEG.
8. Please bring a list of any medications taken regularly, when you began using the prescription, along with the dosage. Also let the therapist know the last time the medication was taken before the brain map.
9. Avoid non-prescription medications 12 hours prior to the map.
10. If you wear contact lenses, be prepared to remove them.
11. Avoid caffeine 4 hours prior to testing.
12. Nicotine should be avoided 3 hours prior to testing.
13. Alcohol should be avoided 12 hours prior to testing.
14. Marijuana should be avoided 72 hours prior to testing.
15. Please provide a list of all current medications and supplements. Regarding medications, please include purpose, dosage, and frequency, i.e. Paxil (depression) 40mg daily.
16. A great deal of conductive gel is used for the qEEG. You will need to return home after your qEEG to wash your hair. Please plan accordingly.

Please call the office if you have any questions or concerns.

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