



Preparation Instructions for the qEEG

*** Please note that there will be topical application of conductive gel to your scalp which may lead to alterations in your hairstyle ***

- **BE AS RESTED AS POSSIBLE.** Try to be as well-rested and alert as possible prior to the EEG. If you are unusually tired (for you), the EEG acquisition should not be done.
- **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, and rinse your hair thoroughly between and after washing. Hair must be thoroughly dry for the EEG.
- **NO HAIR PRODUCTS.** Do not apply hair conditioner, mousse, gel, or hair spray, and keep your forehead free of makeup, lotions, and conditioners.
- **NO STIMULANTS.** Please do not use stimulants on 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.