



qEEG PREPARATION INSTRUCTIONS

Please read carefully before your appointment

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

Following these instructions is essential for accurate qEEG results. If these guidelines are not followed, your appointment **may need to be rescheduled**.

Be Well Rested

- Arrive as rested and alert as possible.
- If you are unusually tired (more than normal for you), the qEEG should not be performed.

Clean, Dry Hair

- Shampoo your hair TWICE the day before or the day of your appointment.
- Use your fingertips to scrub your entire scalp, forehead, and earlobes.
- Rinse thoroughly between and after washing.
- Hair must be completely dry at the time of your qEEG.

No Hair Products or Makeup

- Do not use conditioner, gel, mousse, hairspray, oils, or dry shampoo.
- Keep your forehead free of makeup, lotions, or skincare products.

No Stimulants or Substances (Day of Appointment)

If you take any of the following on the day of your qEEG, we cannot perform the test:

- Coffee, tea, energy drinks, or caffeinated sodas
- Cigarettes, vaping, or any nicotine products
- Marijuana (any form)
- Over-the-counter sleep aids (including melatonin)
- Herbal supplements or herbal teas
- Any substance that promotes sleep, relaxation, or alertness

No Contact Lenses

- Please do **not** wear contact lenses, as they may cause discomfort and interfere with test accuracy.

Medication Information (Very Important)

Prescription Medications

- **Do NOT stop, skip, delay, or change any prescription medication** unless instructed by the doctor who prescribed it.
- If you have not spoken with your prescribing physician, **continue taking your medication exactly as prescribed**.

**** We are not able to advise on stopping or holding prescription medications ****

If you have questions about stopping a medication, please contact the physician who prescribed it.

If you take medication day of please be prepared to tell us:

- Medication name
- Dose
- Time taken

If you have questions about preparation **before your appointment**, please contact our office.