

## **General Instructions: Preparation for your Brain-Map**

In order to acquire the most accurate assessment possible during your qEEG, please follow the guidelines below:

- If possible, do not take any stimulant medication for 48 hours before your qEEG.
- Please check with your prescribing physician to determine if it is possible to stop taking stimulants 48 hours before recording the qEEG.
- Although you do not need to stop any other medications before your visit, be sure to bring information about the type of medication and dosage to give to that the technician records before performing the qEEG.
- Avoid taking over-the-counter medications or supplements such as aspirin, antihistamines, ibuprofen, Tylenol, nasal sprays, cough medicine, allergy medications, pain relievers, herbs, dietary supplements, or amino acids on the day of the appointment.
- If you are sick, please call to reschedule.
- Do not drink any caffeinated substances less than 4 hours before the qEEG.
- Eat at least an hour before your session and drink plenty of water throughout the day before qEEG recording to moisturize the skin.
- Make sure you get a good night's sleep before doing the qEEG. (Inform the technicians if there has been any sleep disturbance.)
- Do not smoke the morning of the session.
- No alcohol 3 days before your session.
- No marijuana 72 hours before your session.
- If you have hair extension or any open wounds on the head/scalp please let your Technician know at the time you are scheduling, they may impede on the ability of the device to get a proper qEEG reading.
- Do not use any creams, oils or hair gels on the day of the session and make sure hair is completely dry before coming in for the qEEG.
- Use the bathroom if you need to before the start of the qEEG because you will not be able to stop once the recording starts.
- Plan to spend an hour with the technician for your brain mapping session.

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