



PREPARING FOR YOUR QUANTITATIVE ELECTROENCEPHALOGRAPH (QEEG)

Having a quantitative electroencephalography completed is an exciting procedure that will provide invaluable information to not only your therapist, psychiatrist, and self but also your loved ones if you so choose to share the results. The QEEG allows us to determine the electrical function of your brain in real time. This information can be used to compare with your physical and mental symptoms so that a thorough treatment plan can be created around the goals you have for your mental health.

While having a QEEG is exciting, it is certainly not a scary or risky procedure. Please read the attached informed consent about what the procedure involves and ask and clarify any questions you have prior to signing the consent form. ***Having a QEEG done is completely voluntary and can be discontinued at any time.***

There are a few basic things you can, and should do, to prepare yourself or your child for the procedure.

1. Medications should be taken as prescribed by your physician the day of the QEEG. If you are on narcotics, please visit with your doctor about the option of withholding the narcotics the morning of your QEEG.
2. Eat a healthy breakfast the day of the assessment. Avoid caffeine or sugar intake that morning, as both may alter the EEG.
3. Come hydrated. Water is an essential need of the brain for optimal performance, and we want the most accurate assessment possible.
4. Your hair ABSOLUTELY needs to be clean AND dry. Avoid using any hair products, such as conditioner, hair spray, gel etc. the morning of the QEEG.
5. Avoid using makeup on your forehead the morning of the QEEG. Your forehead will be wiped with both rubbing alcohol swabs and Nu-prep (skin prep gel).
6. Remove all earrings prior to your QEEG. Your earlobes will be used to attach reference electrodes.
7. Get a good night's sleep the night prior to your QEEG. Drowsiness will contaminate the EEG. Being awake and alert is vital to an accurate reading.
8. If you wake up that morning with a cold, flu, severe allergies, or fever, your QEEG needs to be canceled and rescheduled. Our brain responds to physical illness differently than when we are well. Again, we are wanting the most accurate reading possible.
9. Wear comfortable clothing. Shirts may get electro-gel on them. While the product is completely water soluble, it will show on clothing both when it is wet and dry.
10. Prepare to sit still for up to 30 minutes. QEEG analysis requires as minimal movement as possible.
11. If an emotionally charged event occurs the morning of your QEEG, and you are in a state of distress, please reschedule. The body responds to acute stress in a way that will alter your QEEG from normal.

I HAVE READ AND UNDERSTAND THE ABOVE INSTRUCTIONS PRIOR TO SIGNING MY CONSENT FORM FOR A QEEG ANALYSIS. I HAVE CLARIFIED ALL QUESTIONS REGARDING THESE INSTRUCTIONS WITH MY QEEG PROVIDER PRIOR TO MY CONSENT.

Client Signature

Date

Witness

Date