



## QEEG Instructions

- Make sure you get a good night's sleep (minimum of 8 hours). If you normally go to bed late, got to bed early the night before the test.
- Don't drink or do anything upsetting, exerting or out of the ordinary the night before.
- Take pain or sleep medication as usual, but notify us when you report for your QEEG.
- Wash your hair the morning of session and dry thoroughly. Do not use conditioner, gels, mousse, spray or any other hair products
- If you wear contacts, please bring the necessary items to remove your contacts
- Eat a high protein, high fat breakfast the morning of your QEEG.
- Drink plenty of water.
- Do not drink any coffee or caffeinated drinks the morning leading up to your QEEG.
- Do not drink alcohol 3 days prior to your session.
- Please bring a list of your medications or any street drugs & when you took the last dose.
- Do not take any over the counter medication the day of the session.
- An EEG cap will be put on your head. Water-soluble EEG gel will be squirted into each electrode with a syringe and working into your scalp. This feels "pokey" but should not be painful.
- Your hair will be somewhat sticky from the EEG gel so bring a comb or brush.
- You will be able to return to daily activities (e.g. work, school) immediately but it might be a bad hair day!