

Q-EEG PREPARATION

Not a lot of preparation is required for your qEEG, but here are some things to take into consideration before your appointment.

- Try and keep the day as "normal" as possible. For example, do not schedule to start an exercise program, give up or start smoking, or have a fight with your teacher or boss on that day.
- Get a good night's sleep the night before your qEEG.
- Do not go on or off medications that day. If a physician has you tapering or starting medication, it may be better to postpone your QEEG, please check with us if this is the case.
- Clients who take medications should consult their prescribing physician to see if it is safe for them to abstain from taking medication on the morning of the qEEG.
- Do not take any over-the-counter medications on the day of your qEEG. If you do, please let us know.
- Washing your hair just prior to the qEEG will make the procedure easier and faster. However, make certain your hair is dry, not braided, and do not use conditioner or styling products on the day of the qEEG.
- You should eat a healthy diet that day of your qEEG. It is best not to have anything to eat two hours prior to your qEEG, but please have consumed some protein that day.
- It is advisable to avoid caffeine and foods or drinks heavy in refined sugar (sucrose) the day of your qEEG.