

HOW TO PREPARE FOR AN EEG OR A QEEG

Make sure you are rested and not sleep deprived the night before.
Try to achieve a degree of relaxation before the test.

Eat and hydrate normally prior to the test.
Avoid foods or beverages that contain caffeine.

Please inform us of your prescribed medications and doses prior to scheduling your EEG or QEEG.
Take all your prescribed medications unless instructed otherwise.

Make sure your hair is clean and free of sprays, creams or gels.
Remove any hair accessories and earrings.
Remove excess make-up on the face.

Please be on time, and turn off cell phones for the test.
Do not hesitate to call in advance if you have any questions.