



The following information is provided to help you or your child prepare for and understand the brain mapping process. If you have questions, please call us or ask a member of our staff at any time.

### **THINGS TO KNOW BEFORE YOUR qEEG BRAIN MAP**

- Choose a time of day for your appointment when you are likely to be your most rested and alert.
- Get adequate sleep the night before the appointment. If you did not, or you feel sleepy at the time of your appointment, let us know.
- Shampoo your hair the night before or the morning of the appointment. **IMPORTANT: DO NOT** put ANY products in your hair, including conditioner, hairspray, mousse or gel. Hair products can interfere with the function of the sensors in the qEEG cap.
- Limit your caffeine and alcohol consumption for 24 hours prior to your appointment.
- Bring a list of current medications with you.
- Be prepared for messy hair when you are finished. There will be left-over water-soluble gel in your hair. We supply towels and shampoo you can use, but you might want to also bring your styling tools, or a hat, or plan to go straight home to wash your hair.
- Don't make any medication changes immediately prior to the brain map. If medication changes are necessary, inform our staff as soon as possible.
- Avoid wearing contact lenses if possible, as these can affect eye blinks.
- Plan to keep your mobile phone turned off during the mapping process.
- Follow all instructions as closely as possible to ensure a good map the first time. Having to repeat the mapping process can result in an additional fee.

### **FAQ's**

**Q: How long does the brain map appointment take?**

**A:** Approximately one hour from start to finish.

**Q: What can I expect during a brain map?**

**A:** All you need to do is sit in a chair. We'll place a cap on your head (the cap resembles a swim cap with 19 holes that will be filled with gel), then you will sit quietly for a recording of about 20 minutes. Remember, your hair will get messy.

**Q: Can I do a brain map if I'm taking medication?**

**A:** Yes, but with one caveat. If you're taking a stimulant medication, talk to staff about this ahead of time. You may benefit by delaying taking this medication until after the map.

**Q: Will someone review the brain map with me?**

**A:** Yes. Map results will be available in approximately one week, at which point you will meet with Mike Cohen to go over the results.

**Q: Do I receive a written copy of my report?**

**A:** We are happy to provide you with the statistical report that is associated with the map. A written explanation of the implications of these statistics will incur an additional charge.

**Q: Can I have a brain map if I wear a wig or have hair extensions?**

**A:** The wig will have to be removed. It's possible to have a brain map if you have hair extensions, but you should discuss this situation in advance with one of our staff members.