



## **The QEEG – What to Expect**

### **To prepare for a QEEG:**

- Make sure you are rested (not sleep deprived) the night before the test.
- Avoid foods or beverages that contain caffeine.
- Make sure your hair is clean (no creams, gels or sprays).
- Remove any hair accessories.
- Eat before being tested.
- Please turn off cell phones to minimize distractions.

### **Withhold all medications for 24 hours before the test, if possible. Please ask if you are in doubt.**

The EEG/QEEG is done by placing a cap with 19 built-in sensors on the patient's head and a clip on each ear. Once the connections are made and the brainwaves can be read clearly, the data collection begins. Typically, the entire procedure takes about an hour with half of the time spent establishing the connections. The second half of the session is spent collecting the data, with periods of both eyes open and eyes closed. When a person is relaxed, we are able to collect good data in the form of very sharp, clear waves. When a person is blinking, swallowing, grinding their teeth or tensing the jaw, it creates artifacts in the brainwaves, so it is best to breathe normally, be still and calm in order to ensure accurate results.