

Acuity Brain Center

Preparation For Your QEEG

In order to obtain the most accurate results we suggest you:

1. Have two good nights sleep prior to the test.
2. Eat a meal high in protein and low in carbohydrates (sugar) one hour before the test. Avoid milk, turkey, juice and bananas.
3. Wait to take your daily vitamins until after your test.
4. If possible, avoid any over the counter medication or caffeine for two days prior to your test
5. Bring a moderately difficult book with few pictures to read during your test.
6. Double wash your hair and scalp (including your earlobes) with a clarifying shampoo such as Neutrogena or a baby shampoo.
7. Make sure your hair is dry and free of any styling product when you come for your test.
8. Follow any instructions Dr. Bullard gave you about taking your prescription medications before your test.

What to expect:

1. A snug cap, like a swim cap, that is fitted with sensors will be worn for up to two hours. Clip-on sensors, similar to clip-on earrings, will be placed on the earlobes. A chinstrap will be used to ensure your cap remains in place throughout the recording of your brain waves.
2. 20-30 minutes of data will be recorded. During the recording, you will be asked to sit still with your eyes open and with your eyes closed. You may also be asked to do a task like reading to yourself silently. When you remain still, the testing can be completed more quickly.

If you have any questions or concerns contact
Acuity Brain Center at 817-355-8000