

QEEG Preparation Checklist

Name: _____ Date of Birth: _____ Hours sleep last night: _____

Hours since last meal: _____ Grade: _____ Reading Level: _____ Handedness: _____

Please list all medications taken, including medication name and dosage. Include any over the counter medications that have been taken as well. If you have stopped medications for this EEG recording, please list the last date the medication was taken:

<i>Medication name</i>	<i>Daily Dosage</i>	<i>Last Date Taken</i>
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_____	_____	_____
_____	_____	_____
_____	_____	_____

It is critically important for obtaining a good EEG recording that you follow the steps below prior to your QEEG assessment. Please check for each step completed prior to coming to the appointment:

___ If you are taking stimulant medication, it is preferable to do the qEEG recording after a 48-hour medication washout. Please check with your prescribing physician to determine if it is possible to stop taking the stimulants 48 hours prior to recording the qEEG. Do not make changes in any other medication, but be sure to bring medication type and dosage information to provide to the technician to record before the EEG is done.

___ If you are sick, please call to reschedule. We want to reschedule even if you only have a cold.

___ Do not drink coffee, tea, red bull, caffeinated soft drinks, or any other substance with caffeine less than 15 hours prior to the qEEG.

___ Avoid taking any over the counter medication or supplements for three or four days prior to the qEEG.

___ Be sure to get a good night's sleep before the qEEG is done. Let the technician know if there has been any sleep disturbance.

___ Drink plenty of water the day before the qEEG recording to hydrate the skin.

___ The evening before your qEEG, wash hair 3 times with a ph neutral shampoo, such as Neutrogena non-residue shampoo. Do not use crème rinse or any other hair product until after your appointment. Do not wash your hair again in the morning of your appointment.

___ Make sure hair is completely dry before coming for the qEEG.

___ Use the restroom if you need to prior to the start of the qEEG because we will not be able to stop once the recording begins.

For younger children: While the sensors are being placed, I want to:

___ play Gameboy or

___ watch a DVD.