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:

<table>
<thead>
<tr>
<th>Medication name</th>
<th>Daily Dosage</th>
<th>Last Date Taken</th>
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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.