

The Center for the Advancement of Human Potential

You have an appointment for a Quantitative EEG Evaluation on _____ at _____.

Full payment of **\$900.00** is due the day of testing. Insurance will not be filed as no insurance companies currently accept billing for Quantitative EEGs.

Every qEEG includes a medical review by a neurologist as well as a psychological analysis.

A feedback session will be scheduled in approximately one month to go over the results of the qEEG. We will then schedule a one hour appointment to review the results.

The assessment will take approximately one hour. When you come in, a cap much like a bathing cap will be placed on your head. This cap contains 20 electrodes in it. The electrodes only collect the electrical output of your brain. *No electricity goes into the brain!* For our QEEG, you will be sitting in a chair and doing various intervals of eyes open and eyes closed readings.

In order to prepare for this assessment the instructions listed below **must be followed**:

- **You must be off alcohol for 2 days and marijuana for 20 days.**
- **Caffeine and nicotine may be continued in your usual way but do not exceed your usual amount.**
- Ask your doctor about any prescription medication, over the counter medication, vitamins and herbs you are taking. We do not recommend stopping taking any medication you normally take.
- Wash your hair the day of the study! Do not use conditioners or styling products. Dry your hair thoroughly.
- Have a good night's sleep and eat a healthy meal 1-2 hours prior to the test.
- Bring eye glasses if you wear them. Do not wear contact lenses as they may become uncomfortable during the assessment.
- If you have been sick with the flu, cold, etc. your appointment will need to be rescheduled.

Additional instructions for children being tested:

- Parents/caregivers are asked not to be present during testing, but can be in the room for prep.
- Children being tested should be well-rested and alert. Therefore, appointments should not be scheduled, if possible, at the end of the day when the child is tired from school.
- A light snack might be helpful prior to the testing.
- If your child is anxious, it can be helpful if parents/caregivers can distract their child during the preparation process. This can be accomplished by talking with the child, or bringing their favorite book or toy.
- Parents/caregivers should also prepare the child for the recording process by explaining to them that they will be asked to sit perfectly still. As it may be difficult for some children to sit still, it is helpful if parents practice this with the child prior to testing.
- If your child is sick the day of testing, please call and reschedule.

