

Preparing for Your EEG Assessment

The following is a list of important instructions for you to follow in preparation for your EEG assessment. Please read these instructions carefully and follow them exactly. Your preparation and performance during this EEG recording session is vital in order to obtain reliable and valid results:

- Please avoid all recreational drug use for 7 days before your EEG.
- Please inform me of all prescribed, over-the-counter, or recreational drugs or herbal/nutritional supplements that you are taking.
- If possible, please delay the administration of any behaviour or mood-altering prescriptions (e.g., stimulant, antidepressant, antianxiety, antipsychotic, or mood stabilizing agents) on the day of your EEG. They can be taken after the EEG. If the EEG is scheduled in the morning, please avoid taking the evening dose.
- Also avoid taking any sleeping medications the night before the EEG. If you are not able to postpone the use of these medications or are uncertain, please consult with your physician and be sure to inform me of any problems that you may have in meeting this requirement.
Please understand that as much as possible, it is our intent to record the EEG from a drug-free brain.
- Do not take any depressants or sedatives or relaxers (e.g., alcohol, valerian, passion flower, OTC cold medications or Gravol, etc.) within 12 hours of your EEG.
- Do not take any stimulants (eg., caffeine, cigarettes, guarana, ephedra, mahaung, teas, or coffee, or energy drinks or chocolate) within 8 hours of your EEG.
- Be sure to drink plenty of water in the 24 hours before your EEG and drink at least one glass of water within the hour prior to your EEG.
- Please be sure to get a good night of sleep before the EEG... aim for a minimum of 8 hours of sleep. Do not take any prescription or OTC sleep preparations. Let the technician know if there has been any problem with sleep or if you are exceptionally tired on the day of your EEG.
- Please be sure to have a good breakfast or lunch before the EEG so that you will not be hungry or hypoglycaemic. But avoid eating large or heavy carbohydrate, high fat meals or ingesting high sugar content foods or beverages within 2 hours of your EEG.
- On the day of your EEG, please shampoo your hair with "Neutrogena" non-residue shampoo, a minimum of (3) times. Be sure to scrub your scalp thoroughly and completely rinse your hair after each shampooing.
- **Do NOT use conditioners, styling gels, hair sprays or any other hair products after you have cleaned your hair.**