



# Preparing for Your Brain Map

In order to get the best possible EEG recording for your brain map, please do the following in preparation for your appointment. As a basic rule, you don't want to be overly tired, hungry, impacted by substances, etc. as it may impact the quality and accuracy of the brain map.

- Avoid alcohol for at least three days prior to the recording
- If you use any non-prescription/illegal drugs, please let me know so we can discuss the minimum length of abstinence necessary prior to your appointment
- Avoid caffeine and nicotine the day of the recording
- Shampoo and dry your hair the morning of the appointment. Do not use conditioner or any other hair products.
- Get a good night's rest the night prior to the recording. Avoid doing anything out of the ordinary, upsetting, or overly exciting.
- Take any regular medications as you normally would, but do not take any fast acting/as needed medications within 24 hours of your appointment unless absolutely necessary as they will impact the EEG output of your brain (examples: sleeping pills, benzodiazepenes, stimulants, pain killers, muscle relaxers, etc.) Consult with your doctor about what medications can be postponed prior to your appointment if you are unsure.
- Do not take over the counter medications such as aspirin, antihistamines, ibuprofen, tylenol, nasal sprays, cough medicine, allergy medications, analgesics, herbs, food supplements, or amino acids the night before or the day of the session.
- Eat between 1 and 3 hours before your appointment
- If you wear contacts, consider wearing your glasses instead or removing the contacts during the session. Contacts can cause unwanted eye movements in the recording.
- Please bring a comprehensive list of all medications and supplements you take, the dosage, and the date/time of your last dose

## When You Arrive For Your Appointment:

- You will be asked to turn your phone completely off during the appointment to avoid interruptions
- An electro cap will be placed on your head
- The electrodes in the cap will be filled with a conductive gel using a blunt tipped syringe
- We will take three recordings, each of which will be approximately 10 minutes long. One with your eyes open, one with your eyes closed, and one while you are doing something that requires mental focus (you can bring a book, play tetris or sudoku or a crossword puzzle on your phone, etc)
- When the recording is complete, you can continue about your day as usual, but do expect to have messy hair! You might consider a cap if you need to go out and about directly afterwards.
- The session will last approximately 1 hour
- Allow up to 14 days for the processing of your map, at which point we will schedule a session to discuss results.