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How to Prepare for Your EEG Brainwave Recording

It is important that you follow the steps below to the best of your ability in preparation for your appointment for the recording of your brainwaves. Please check each item prior to coming to the appointment.

Medication

- It is most often preferable to do the brainwave recording without chemicals affecting the way a brain is functioning.
- If you are taking stimulant or other short-acting medications, please discuss the advisability of not taking the medication 48-hours prior to the brainwave recording with your clinician and prescribing physician. It is suggested that you do not make any changes to your medication regiment without approval from your prescribing physician.
- For the purposes of recording brainwaves, it is not beneficial to make changes in any long-acting medications. However, be sure to bring documentation of the medication type and dosage to provide to the technician at your appointment for brainwave recording.
- The brainwave recording will show medication effects and can be read for that purpose and understanding.
- Avoid taking any over the counter medication or supplements prior to the brainwave recording appointment.
- If you are sick, please call to reschedule. We want to reschedule even if you only have a cold.

Nutrition

- Make sure to eat a good meal that includes protein within two hours of coming to the brainwave recording appointment.
- If possible, please do not drink coffee, tea, energy drinks, caffeinated soft drinks, or any other substance with caffeine or stimulants within 15 hours of the brainwave recording appointment.

Sleep

- Be sure to get a good night's sleep before the brainwave recording appointment. Let the technician know if there has been any sleep disturbance. If possible, we ask for adults to be in bed by 10:30 pm for 8 hrs of sleep. We ask for children to in bed by 9:30 pm for 8 ½ hours of sleep, minimum.

Scalp Preparation

- Drink plenty of water the day before the brainwave recording to hydrate the skin and facilitate acquiring good recordings.
- The evening before your brainwave recording appointment, wash hair three 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 hair again in the morning of your appointment.

When You Arrive to the Office

- Make sure hair is completely dry before coming for the brainwave recording appointment.
- You will have an opportunity to use the restroom if you need to prior to the start of the brainwave recording because most people prefer not to stop once the recording begins.

Timing of Your Appointment

- Research differs from clinical assessment and training.
- If you are getting the recording for research purposes time of day will be designated and chosen specifically to address the research question and design.
- If you are getting the recording for clinical purposes, there is more flexibility in scheduling, and you will be asked if the time you come in for the recording is:
 - a) when you are at your best
 - b) when you are most challenged
 - c) not too impactful as you are even keeled with force, focus and feeling throughout the day.