



qEEG/Brain Mapping Preparation Instructions

To begin your neurofeedback treatment, our first session with you will involve a q EEG brain map to identify irregular patterns. To do this we will use a cap that transmits the electrical impulses in your brain to our software which will generate a detailed report identifying problem areas and how we will address them. To get a clear signal of these brainwaves we need you to prepare in advance so that your brain is well rested and clear.

1. Avoid and over-the-counter medications for 3-4 days prior to your brain mapping. This includes supplements and vitamins you currently take.
2. If you are sick, even if it is a minor cold, please reschedule your appointment. Illness affects the brain and can inhibit a clean reading of your brainwaves
3. If you are taking stimulant medication (such as medication for ADHD, etc.) these should not be taken 48 hours prior to your appointment. **"FIRST ASK YOUR PHYSICIAN OR PSYCHIATRIST PRIOR TO CHANGING THE DOSAGE FOR ANY PRESCRIPTIONS."** All assessments are done on Monday mornings to help make this a more appropriate option for those who need their medication for school or work. If 48 hours is not advised, ask about avoiding them for 24 or a minimum of 12 hours prior to appointment if able to do so. The clearest brain maps are recorded with as little medication as possible.
4. Do not drink highly caffeinated beverages (coffee, tea, red bull, ect.) for at least 15 hours prior to your appointment. If you habitually consume large amounts of caffeine and avoiding it altogether will induce a headache or fogginess you may just lower your intake 15 hours prior to your scheduled brain mapping appointment.
5. The night before your brain mapping session please wash your hair 3 times with a pH neutral, cleansing/clarifying shampoo. Neutrogena non-residue shampoo is what we recommend using. Do not use any other hair products after washing, do not wash your hair the morning of the appointment, and make sure your hair is completely dry before coming in.
6. Get a good night sleep, at least 6 hours. Your brain requires sleep to function clearly.
7. The morning of your appointment eat a high protein breakfast and drink plenty of water.

To transmit a good signal, we use a water soluble electro-gel that will be put in your hair, we do not have facilities for you to rinse your hair after your session, we will make every attempt to remove what we can using a wet wash cloth and alcohol pads. Be aware that you may wish to leave time to go home or other place to rinse your hair after your brain mapping appointment. Your brain mapping session will be most helpful for us and more importantly to you if you follow these instructions closely.

Please contact us at 571-361-2885 with any additional questions or to reschedule.

Thank you,

Kimberly A. Milam, LPC, NCC

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