



BRAIN BUILDERS  
NEURO THERAPY

Eileen Roberts, PhD  
P. (707)338-9084  
DrRoberts@norcalbrainbuilders.com

---

## QEEG Initial Information

Quantitative Electroencephalography is a measurement of electrical patterns that are emitted from the brain and recorded by electrodes that are placed on the head. The data is then processed and compared to a normative database.

The testing will begin with a technician putting an electrocap on your head and inserting gel into each of the sensors on the cap. The connection will then be tested and improved. Once a good connection is established, you will then sit as still as possible for 8-10 minutes, once with your eyes closed and once with your eyes open. The assessment will take up to one hour total.

## Instructions before the QEEG

1. Send a list of medications and supplements (including dosage and frequency) to Dr. Roberts at DrRoberts@norcalbrainbuilders.com at least one week prior to assessment. Occasionally, we will suggest that medications such as stimulants for ADHD or benzodiazepines (tranquilizers) for anxiety be discontinued the day of testing. Most medication can be maintained, but interpretation of results requires that we know current medications.
2. Wash hair twice the night before or the day of your QEEG. Refrain from using any hair products such as conditioner, hair spray, or hair gel. Make sure your hair is clean and dry on test day.
3. Refrain from doing any activities beforehand (such as exercise) that might cause excess sweating during the testing.
4. Avoid caffeine, sugar, and alcohol consumption prior to testing. Make sure that you are well-hydrated and well-fed (we suggest something high in protein). Feel free to bring water along with you.
5. Get a full night's sleep prior to testing.

Please let us know if you have any questions or concerns.