



Community Counseling & Psychological Services

4900 California Avenue

Tower B, Suite 330

Bakersfield, CA 93309



INSTRUCTIONS FOR QEEG (brain map) APPOINTMENT

- The cost of the brain map is \$ 600.00 . This is due on or before the day of the procedure. Please make checks payable to Community Counseling & Psychological Services.
- Please be on time. The procedure takes approximately 1 hour.
- Get a good night's sleep.
- Make sure that hair is clean (free of conditioner, gel, mousse, hair spray, and/or any hair products).
- Make sure hair is completely dry before appointment.
- Eat within 1-1 ½ hours of appointment.
- **Do not consume** caffeine or sugar 8 hours before appointment (including soft drinks).
- Adults, please refrain from smoking on the day of the brain map appointment.
- If currently on medication, **only** the following medication should **not** be taken the morning or day of the brain mapping. If possible, it is preferable not to take any of the following medications the day before the brain mapping as well:
 - Adderall
 - Adderall XR
 - Concerta
 - Dexedrine
 - Metadate CD
 - Metadate ER
 - Methylin
 - Methylin ER
 - Methylphenidate
 - Ritalin
 - Ritalin LAAll other medications should be taken as normally prescribed, uninterrupted.
- Bring contact case and/or glasses, if applicable.
- Please let the therapist know if there is a present condition or history of any of the following:
 - Asthma
 - Bronchitis
 - Seizures and/or Epilepsy
 - Heart or Respiratory Illness
 - Closed Head Injury within the last 6 months
 - Pregnant or Nursing
 - Stroke

Your Brain Map appointment is scheduled for:

_____ at _____ a.m./p.m.

Parent/Guardian Signature

Date