

BRAINVIEW

For Patients



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**On the day of the QEEG neuropsychological assessment:**

To perform a reliable QEEG assessment, it is essential that you take the following precautions and preparations:

- Wash your hair in the morning with a shampoo without conditioner and make sure it is dry.
- Do not use hair styling products (hairspray, gel, or wax). Those products could interfere with the EEG measurements.
- Do not use make-up or greasy cream on your face.
- Wear comfortable clothes, for example, a vest or T-shirt with V-neck (no turtleneck sweater or other garments with a high collar).
- It is essential that at least 6 hours before the assessment, you refrain from using alcohol, marijuana, or other recreational drugs.
- If you feel the need to smoke tobacco, please try to smoke as little as possible and don't smoke at least 2 hours before the assessment.
- Do not consume caffeine at least 2 hours before the assessment (coffee, tea -this includes green tea-, cola, energy drinks, or hot chocolate).
- Your cooperation on all of these points is vital. The test results will become unreliable if you don't adhere to these guidelines.
- Do not take any new medications or supplements unless directed by your healthcare provider.

During the patient visit:

The patient will be seated comfortably in a chair while recordings of your brain activity are made during eyes open, eyes closed, and behavioral measurement.

The patient will complete a short neuropsychological questionnaire about their symptoms and feelings on the computer screen.

The technician will measure the head to determine the size of the EEG cap. Then, the cap with electrodes is placed on the scalp.

Electro gel is used to create the contact needed between the scalp and the electrodes, allowing for recording your brainwaves.

The actual EEG recording will begin when all electrodes have a good signal. Then, the instructions will be given through and on the computer screen.

The appointment takes approximately 25-35 minutes.
Brain mapping is non-invasive.



How to prepare for your BrainView testing:

Refrain from excessive caffeine intake on the day of your appointment.

Try to sleep well the night before to remain awake and alert during recordings.

Arrive with clean and dry hair for ease of EEG cap setup.

Wear comfortable clothing; electrodes will be placed under your clavicles and lower left rib.

To have the most accurate BrainView session, a patient can prepare for BrainView sessions by following the list of dos and don'ts below.

DO:

- Get a good night's sleep and eat breakfast before an appointment to prevent distractions or lack of sleep from affecting brainwave activity.
- Wash and dry your hair without adding styling gel or other hair products.
- No braids, wigs or hair extensions in the hair on the day of testing
- Arrive ahead of time, so you are not worried about another appointment or responsibility.
- Try to stay relaxed throughout your mapping session for the most accurate and usable information.

DON'T:

- Attempt to rush the BrainView mapping appointment
- Move around excessively
- Be late or not show up to your appointment
- Take any new medications or supplements unless directed by your healthcare provider
- Use any lotions or creams on your body. This may prevent the electrodes from sticking.

Patient Insurance coverage

If your healthcare provider determines that you meet the medical criteria necessary to take the test, then the cost of the appointment will be billed through insurance. However, you may still be responsible for a deductible or copay.

Most insurances cover brain mapping. Different insurance providers cover brain mapping sessions and appointments based on the indications and patient symptoms.