

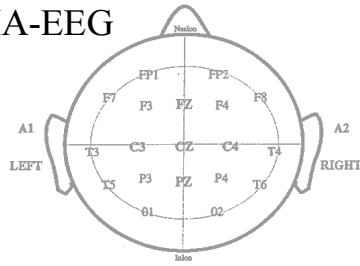
NEUROFEEDBACK SERVICES OF NEW YORK PC

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Dear Client:

You have been scheduled for a QEEG. In order for your scheduled appointment to proceed as smoothly as possible, please note the following information:

Preparation for QEEG (Brain mapping).

1. Your hair needs to be clean and dry. Use a detergent shampoo such as *Neutrogena anti-residue* on the day of your scheduled map. **Do not use conditioners, mousse, styling gel, or hair spray after washing your hair.** Wash hair three times and dry before coming to session.
2. If you wear contact lenses, be prepared to remove them.
3. If you have falls, toupees, or cornrows, please remove or be able to remove for EEG assessment.
4. Please bring a comb or brush.
5. Get a normal amount of restful sleep the night before.
6. Eat at least 2 hours before the session and do not have coffee or caffeine for at least 2 hours before the session.

On the day of your brain map, plan to spend a minimum of 90 minutes in my office.

However, most clients are finished in under one hour. In addition, you will likely need several minutes to fix your hair, etc. following your mapping.

Please bring a list of any medications taken regularly along with the dosage. Also let the therapist know the last time the medication was taken before the brainmap.

The fee for a full diagnostic QEEG and analysis is \$650.00. This fee is to be paid at the time of the session.

There will be a QEEG review session usually within one to two weeks of the brain mapping. The cost of this is \$175.00, which is to be paid at the time of the session. This session is 45-50 minutes in length.

The following explanations are taken from the Brookside Institute Resources brochure and are good explanations of QEEG.

How Does QEEG Work?

The QEEG process starts with you having an EEG which measures the electrical activity generated by your brain. EEG is a completely safe procedure that has been in use by physicians since the 1920's. Your EEG is then compared to a reference database of other EEGs.

Does it hurt?

No, the procedure is completely painless.

Who will do the test?

The test is performed by myself.

Will my head be shaved?

No!

Will I be shocked by the electrodes?

No!

Will I be injected with anything?

No! The EEG recording is completely non-invasive.

May I eat before the test?

Yes. You should limit fluid and food intake 2 hours before the test. **DO NOT DRINK ALCOHOL FOR 3 DAYS PRIOR TO THE TEST.**

How long will the actual test take?

Approximately 45 minutes. The length of the test depends on how still and alert you can remain during testing. The preparation for the test will take approximately 45 minutes, therefore, the total time in office is about 90 minutes.

Should I do anything special before the test?

Have a good night's sleep the evening before. On the morning of the test wash and dry your hair thoroughly.

DO NOT USE CRÈME RINSE OR CONDITIONER. DO NOT USE HAIR SPRAY, MOUSSE, ETC. These products will make the scalp slick and the electrodes will not stick. Dry your hair completely and do not braid it. Limit caffeine intake to 1 cup of coffee or tea 2 hours prior to the testing and do not smoke tobacco.

What about medications?

Follow your doctor's instructions. He may want you to discontinue some or all medications. **Do not take any over the counter medications such as aspirin, antihistamines, ibuprofen, Tylenol, nasal sprays, cough medicine, allergy medication, analgesics, herbs, neutraceuticals, food supplements, amino acids, or other related products. If you are in doubt please call your doctor's office. Also, do not take any street drugs by any means (smoke, injection, orally, etc.)for several days before the test. If you do, the test will need to be cancelled.**

Thank you for your cooperation; and I look forward to working with you.