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Registered Counsellor, EEG Technician

Irene Masters
Neurophysiologist

INFORMATION AND INSTRUCTIONS REGARDING THE EEG PROCESS

General information about the EEG

EEG (electroencephalogram) measures electrical activity occurring in the brain via electrodes placed on the scalp.

This is not intended to be diagnostic in itself when used in isolation, or to replace the medical opinion of a physician, neurologist or other professional, but rather as part of a comprehensive assessment of functioning.

The EEG recording will take approximately 45 minutes - one hour. It involves putting 20 electrodes on the head, one on each ear and one on each wrist fixed to the skin with paste. Each area will first be cleaned with abrasive gel and an earbud. It is a painless process. No electric current is passed into the head.

During the recording itself, it is necessary to sit very still and relax for an accurate recording. It is possible to stop the recording to allow the patient to move around before continuing again. Some of the recording will be done with the patient's eyes open and some with the patient's eyes closed. During one part of the eyes closed recording, a light will flash for a short while (photic stimulation) and thereafter the patient will be asked to breathe deeply and rapidly (hyperventilation) to record changes, if any, in the patient's EEG as a result of these. Once enough EEG has been recorded (usually 22 minutes), the electrodes will be removed. Some paste will still remain in the hair, so it is a good idea to have enough time to wash your hair after the EEG recording.

If the patient takes medication that may alter the results of the EEG, it is advisable to skip a few doses so it can be completely out of the system before the EEG is done. Stimulants, such as Ritalin and Concerta, should not be taken for at least 48 hours before the test. Do not use a sleep aid (sleeping tablet or herbal remedy) on the night before the investigation. As far as possible, the EEG results should represent a drug-free brain. **This should not be done without the knowledge and guidance of the prescribing physician.** Please let me know

which drugs you have taken in the past 7 days (prescription drugs, recreational drugs, herbal remedies, over-the-counter medication) on the day of the EEG as these may have an effect on the results of the EEG.

The complete EEG data set collected is sent to Irene Masters, neurophysiologist, to analyse, exclude abnormality, and report on her findings. The EEG report will be sent to the referring doctor within 7 days of the recording.

Cost

The cost of the standard EEG is R2 500.00, payable in cash, by credit card or by EFT made BEFORE the appointment. If you make a cash deposit into my account, you will be liable for the bank charges related to the cash deposit (approximately R100). The cost includes:

- the initial consultation of approximately 45 minutes - one hour to acquire the EEG data
- a standard EEG report of the findings

Please note that we work on a 24-hour cancellation policy. If you need to reschedule your EEG recording, please do so more than 24 hours in advance. If you cancel your appointment less than 24 hours before the scheduled time, or do not arrive for the appointment, you will be charged an additional R1 355 over and above the fee as outlined above. Please ensure that you arrive on time. If you arrive late, the appointment will need to be rescheduled and an amount of R1 335 will be charged in lieu of the time wasted. If we are unable to do the recording due to you not having followed the instructions in this document (for example, if you did not wash your hair as guided in this document), the appointment will need to be rescheduled and R1 335 will be billed due to wasted time.

Please note that, if it is a child who will be having the EEG recording, parents will be required to wait in the reception area.

Banking details for EFTs are as follows:

Justine Loewenthal EEG Services
Standard Bank
Branch: Rivonia 001255
Current account no 220020043
Reference: full name and surname

Please submit the statements you will receive to your medical aid as they should reimburse a portion depending on the funds available.

Preparation for the EEG

Please adhere to the instructions below as far as possible. We would like to ensure that every measure is taken to obtain the most accurate and reliable data to yield the most beneficial information.

- On the day of the investigation or the night before, please shampoo your hair and scalp twice thoroughly. Do not use conditioner, styling gels, hair spray, mousse or the like.
- Please make sure that your hair is dry when you arrive for your appointment.
- Do not braid your hair, and, where possible, please remove dreadlocks.
- Ensure you are well rested and not ill on the day of the investigation.
- If a child is having a EEG, please prepare him / her well, as he / she will need to sit very still.
- Have a healthy, low GI breakfast in the morning. Do not have stimulants of any kind (e.g. tea, coffee, sugar, colourants, caffeinated soft drinks, chocolate etc.) or depressants (e.g. alcohol)

- Follow the guidelines with regard to medication as previously mentioned but **ONLY WITH THE KNOWLEDGE AND GUIDANCE OF THE PRESCRIBING DOCTOR.**
- Drink plenty of water for 24 hours before the EEG to ensure that your body is hydrated.

Please remove all earrings, bracelets and watches. If you feel unsure about any aspect of this document, please feel free to contact me.

Kind regards

Justine Loewenthal