



The Institute for Personal Development

Instructions for Quantitative Electroencephalography (qEEG) Assessment

Welcome to IPD. We look forward to seeing you for your assessment. The Quantitative Electroencephalogram (qEEG) involves attaching scalp electrodes that will record your brain activity during a series of simple tasks. The test lasts approximately 2 ½ to 3 hours, and there should be little or no discomfort during examination. If necessary for accurate test interpretation, please be aware we may ask for a confidential urine toxicology screen on the day of the test.

PREPARATION FOR YOUR OR YOUR CHILD'S QEEG:

Please wash your hair the night before your appointment; baby shampoo is recommended.

Do not use any hair products, including sprays, gels, or conditioners.

Your hair should be clean and dry.

You may be asked to remove any accessories or jewelry on or around your head (metal hair pieces, piercings, earrings, necklaces, etc.).

The electrodes are gently applied to the scalp with a water-soluble paste that can be easily washed out at home with warm water and regular shampoo. Please plan accordingly.

Please make sure that you (or your child) are well rested and well-nourished prior to your appointment:

Try to get a full night's sleep the night before the test.

Eat normally and do not skip meals on the day of the test.

Unless instructed otherwise, take all your regular medication. Bring a list of medications that you are currently taking and their dosages.

We recommend you bring some food for snacking (just in case).

If the assessment is for your child, please bring any hand-held games or toys your child may enjoy using during the set-up.

Thank you! If you have any questions, please contact usor email us at We look forward to seeing you!