



Bona Dea Centre  
17 Moray Drive, Bryanston  
Tel: 011 514 0738  
Cell: 064 538 2540  
justine@bonadeacentre.co.za  
www.bonadeacentre.co.za

Justine Loewenthal  
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 eardbud. 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.

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 recording 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 R2300.00, 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 R1200 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 R1100 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 R1200 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 suggestions 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, oils, 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 an EEG, please prepare him / her well, as he / she will need to sit very still.
- 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