



Bona Dea Centre
17 Moray Drive, Bryanston
Tel: 011 514 0738
Fax: 086 551 8775
justine@bonadeacentre.co.za
www.bonadeacentre.co.za

Justine Loewenthal
Registered Counsellor, EEG Technician

Irene Masters
Neurophysiologist

INFORMATION AND INSTRUCTIONS REGARDING THE EEG / QUANTITATIVE EEG PROCESS

General information about the QEEG process

A QEEG is a non-invasive, scientific, evidence based assessment tool that is used to identify areas of dysregulations in a person's brain that are likely causing symptoms, such as sleep disturbance, emotional or behavioural difficulties, or learning problems. A QEEG analysis compares the person's brainwave profile (EEG data) to the norm for his or her age and gender. As with any other investigation, I cannot assure you that anything significant will be indicated on the QEEG that will explain your symptoms or behaviour. However, because the brain controls learning, behaviour, mood and general functioning, the brainwave profile correlates extremely well with the symptoms. Various factors are investigated (such as the power of each frequency, the communication between brain areas, and symmetry), which comprehensively contribute to greater understanding of the cause of the symptoms and an effective plan for remediation.

A QEEG measures the electrical functioning of the brain and not the structure.

This tool 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 whole QEEG process should take approximately one hour. It involves putting 20 electrodes on the head and one on each ear fixed to the head with paste. Each area will first be cleaned with abrasive gel and an eard. 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. If necessary, 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. While the patient's eyes are closed, 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 20 minutes), the electrodes will be removed. Some paste will still remain, 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 QEEG, it is advisable to skip a few doses so it can be completely out of the system before the QEEG is done. Stimulants, such as Ritalin and Concerta, should not be taken for 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 QEEG 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 QEEG as these may have an effect on the results of the QEEG.

The complete EEG data collected is sent to Irene Masters, neurophysiologist, to analyse, exclude abnormality, and report on her findings. Some of the data is passed through the Neuro Guide QEEG database and reports are generated. Irene will compile a summary report of the QEEG findings as well. Based on the conclusions of the two reports (i.e. routine EEG and QEEG), further recommendations to other professionals might be made. The usual timeframe to receive feedback after the initial consultation is approximately 10 days.

Cost

The cost of the routine EEG and QEEG is R3950-00, 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 R60). The cost includes:

- the initial consultation of approximately one hour to acquire the EEG data
- a routine EEG and a report of the findings
- QEEG analysis and a summary report of the findings
- 45 minute feedback session to discuss the results and further recommendations for intervention if necessary.

Please note that we work on a 24 hour cancellation policy. If you need to reschedule your initial consultation or feedback session, please do so more than 24 hours in advance. If you cancel either appointment less than 24 hours before the scheduled time, or do not arrive for the appointment, you will be charged an additional R820 over and above the fee as outlined above. The full hour is needed for the initial recording. Please ensure that you arrive on time. If you arrive late, the appointment will need to be rescheduled and an amount of R820 will be charged in lieu of the time wasted. Both parents should be present at the feedback where possible. Please do not bring your child along for the feedback. If only one parent is able to attend, and the other parent would like a separate consultation for feedback, the second feedback will be charged at R670 for 45 minutes.

You are welcome to make notes during the feedback so please bring along paper and a pen.

Banking details for EFTs are as follows:

Justine Loewenthal EEG Services
Standard Bank
Branch: Rivonia 001255
Current account no 220020043

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 QEEG

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, 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 QEEG, 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 QEEG to ensure that your body is hydrated.
- Please remove earrings.

If you feel unsure about any aspect of this document, or if you would like further clarity on the QEEG itself, please feel free to contact me.

If you would like access to articles on QEEG, such as the construction of the Neuro Guide QEEG normative database, reliability and validity of QEEG, and other research into QEEG, please contact me.

Kind regards
Justine Loewenthal