

Preparing for an EEG

How should a client prepare for treatment?

We recommend not making any significant changes prior to treatment. For example; continue with current medications and diet unless advised otherwise. Each individual is evaluated without any variables, so we can obtain a baseline to compare with the effect of MeRT after completing nine MeRT treatments. We call this the Assessment Period. This assessment consists of an initial EEG and clinical evaluation followed by a one daily MeRT treatment for 9 days. After this we obtain another EEG followed by another clinical evaluation with the clinician to determine whether the individual had a response.

What is an EEG?

EEG stands for Electroencephalogram. An EEG measure and records the way neurons in the head talk to each other and get information.

To record these impulses, we use something that looks similar to a swimmers cap. This special elastic cap has electrode discs embedded throughout that will read the activity of the brain. Your EEG technician will add gel to each electrode disc through the cap and onto the scalp using a slight scratching motion. The cap is connected to a series of wires that transmits the information onto a computer which is later read by a specialist.

The EEG process for a compliant adult will take approximately 45 minutes. We usually allow longer for children (see below). For a compliant adult, an EEG involves 10 minutes of eyes closed recording in a relaxed, awake and alert state, in a dark and quiet room.

What can I do for my child coming in?

We strongly recommend that you familize your child with our EEG procedure prior to coming into our clinic. Show a photo of the EEG cap (see images below) and explain that he or she will be wearing it on their head, they will have an electrode clipped to each ear and have a single lead placed with tape on the left side of their chest. We have a Social Story available that runs through the EEG procedure step by step with image attached. Mostly importantly; **they will need to keep their eyes closed and sit upright in the chair during the EEG recording.** Practice with your child by having them wear clip on earrings and a snug cap. Ask your child to sit quietly with their eyes closed. This is a painless procedure but can be very scary for a child if they do not understand what is going to happen. Please practice with your child by having them close their eyes in a dark room for at least 20 seconds at a time. Ideal recording time if 10 minutes, however we can utilize 20 seconds segments if the subject is relaxed with eyes closed. Our goal is to reduce the anxiety of your child and make it a positive experience for them. This will help us to get a more accurate reading.

