



"Growth & Empowerment"

RENAISSANCE THERAPY CLINIC, PLLC

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Information and Instructions Regarding the QEEG Process

The following information is about the brainwave test (QEEG) that you or a family member will be taking. There are two sections:

1. Basic information related to the QEEG, information about cost and instructions for making an appointment to have the test administered.
2. Instructions for preparing for the QEEG.

The other information included here is information that people we have worked with have found useful. Taking time to read through this information will help us obtain the maximum benefit possible (in the form of very specific treatment recommendations) from this test.

General Information about the rEEG

An rEEG is a computerized form of the electroencephalogram (EEG). The data obtained from the brainwave recording process will go to one of several expert physicians at CNS Response, each of whom has a great deal of experience in using this information in assisting the medication treatment process.

The actual data acquisition process involves putting a cap on the head and placing electrode conductive gel into each of twenty sensors on the cap. It is necessary to press the conductive gel down through the hair so that it makes a good electrical contact. Rarely, but occasionally people who are very sensitive to touch find this process uncomfortable. However, most people can easily tolerate the process.

Once the cap is on it is necessary for the individual to sit very still with eyes closed and upper body muscles relaxed. It is not necessary to remain this way for prolonged periods. Once the EEG data is gathered, it is sent to CNS Response in California. A physician will process and analyze the data and send back a specific, customized report. Repeating the rEEG process may be advised to evaluate medication response.

The rEEG Process

Website: www.rentherapy.com ☎ E-mail: rentherapy@comcast.net

1. Contact Renaissance Therapy Clinic

Prior to scheduling a QEEG, please carefully read the information in this letter. Afterwards please call Dr. Vandalov's office at (248) 990-0140 to ask any questions that you may have and to determine if you are a good candidate for a rEEG. If the individual with whom you speak is unable to sufficiently answer your questions, please ask that Dr. Vandalov contact you.

2. Consult with your Prescribing Physician or Psychiatrist.

Download the Physician's Guide that briefly explains rEEG and the rEEG Referral and Requisition Forms. Respectfully request that your physician work with you. He or she will need to complete and sign the rEEG Referral and Requisition Forms. If your physician has any questions or concerns, please ask that he or she contact Dr. Vandalov's office.

3. Temporarily discontinue Medications

As part of the rEEG process, ask your physician to work with you to temporarily discontinue any of your current medications safely. A medication titration chart is available on the Renaissance Therapy Clinic website.

4. Have an EEG Recorded

Schedule an appointment with Renaissance Therapy Clinic to have the professional technician record your EEG by measuring your brain's electrical activity using a specialized cap with fixed electrodes.

5. rEEG Processing

Renaissance Therapy Clinic will send your completed rEEG Requisition Form and personalized EEG file to CNS Response for processing. CNS Response processes your information through its patented rEEG system and generates your personalized rEEG report.

6. Meet with your Physician

Once your physician receives your completed rEEG report, he or she will recommend a medication treatment plan based on your personalized rEEG report interpretation. Telephone assistance is available to guide your physician, if necessary.

Cost and Information Related to Insurance

Currently the total cost for the rEEG is \$500.00. This fee covers the cost of data acquisition, processing through one or more normative databases, and the cost of consultation and report from the CNS Response physician expert who reviewed and processed the information.

While many insurance companies recognize the EEG test, because the data will be processed and analyzed by medical experts, we cannot assure you that your insurance company will cover the cost. Fees are due at the time of the testing. We will provide you with a billing statement for the services provided to submit to your insurance company. If you want to check coverage in advance, the CPT codes that will be used are 98516 and 95957.

Preparation for the EEG

- On the morning of the test day, thoroughly shampoo your hair **TWO** times. Be sure to scrub your entire scalp, forehead, and earlobes with your fingertips, rinse your hair thoroughly between and after washing. Hair must be thoroughly dried for the EEG.
- In addition, do not braid your hair. Do not apply hair conditioner, mousse, gel, or hair spray, and keep your forehead free of make-up, lotions, and conditioners.
- Do not wear earrings or ornaments on the day of the EEG.
- Do not wear contact lenses as they may become uncomfortable thereby causing EEG artifact which disrupts the acquisition of good EEG data.
- Medications: you should be free of medications for at least 5 half lives of the longest acting agent. Some medications may be stopped safely for a period or time, while stopping others may cause serious side effects, neurological impairment, or harm. Furthermore, there may be times when it is not desirable to stop certain medications. And remember, you should not make any decisions about stopping medications without first consulting with the physician who prescribed them. **Make sure you check with your physician before stopping any medication!**
- No caffeine for at least 15 hours prior to the test. Examples are: coffee, tea, caffeinated soft drinks, etc.
- No nicotine for at least 10 hours prior to the test.
- No alcohol for at least 48 hours prior to the test.
- No street drugs for a minimum of 5 half lives (refer to 5 half lives chart).
- Be sure you are well rested and alert prior to the EEG. Perhaps eating a light snack before the test would be helpful. If you are not well rested, the EEG acquisition should not be done.
- Remember that the EEG acquisition is a safe, non-invasive process. You will sit in a chair while a cap measured to your head size will be placed on your head. The nineteen sensor sites on the cap will be filled with a gel by use of a blunt needle. Then the end of a Q-tip will be used to insure good contact with your scalp through your hair. This will be measured using an impedance meter. You will sit in a comfortable chair with the cap on while the clinician records your EEG on a computer. This will be done with your eyes lightly closed.
- The entire process should take approximately one hour. Your compliance with the above will speed the EEG process and provide for better quality of test with acquisition of maximum beneficial information.
- At the end of the test, the technician will remove as much of the test-related jell as possible. It may be that you will want to brush your hair at the conclusion of the test. It is also possible that it would be desirable for you to be able to go home and wash your hair when the process is completed.