



## BRAIN MAPPING FREQUENTLY ASKED QUESTIONS

**Q: What is brain mapping?**

**A:** A brain map is used to gather a deeper understanding of brain activity. You may be more familiar with EEG, which just allows doctors to visualize brain activity in real time. However, we use qEEG (Quantitative Electroencephalogram) which allows us to take your brain map and compare it to thousands of other brain maps from individuals ranging in age and condition. While we do not use brain maps exclusively to diagnosis, we can compare your brain map to a sample of people in similar age, further supporting a diagnosis.

**Q: Why do I need a brain map?**

**A:** Brain maps offer another piece of evidence to help validate a diagnosis and allows us to keep records of change. If you come back later for another brain map, we can compare changes in brain waves over time.

**Q: What happens during a brain map?**

**A:** Once you arrive for your appointment the technician will take measurements of your head, this includes the circumference, nasion toinion, and ear to ear. Next, the technician will take a protractor and draw two dots on your forehead with a red wax pen, the marks will rub off after your session, on these two dots two circular sponges are placed to hold the cap in place. The technician will then use a fresh alcohol pad and a dot of Nuprep to wipe the earlobe clean and increase conductivity. After the earlobes are clean, an ear clip lead with conductive paste will be clipped to both earlobes, helping ground the cap. After the cap is selected and properly placed, the technician will be inserting the gel into each electrode using a blunt tip syringe. A clients first time having a cap placed on their head can be an odd sensation, but our technicians can work at your comfort level and pace to ensure you are as comfortable as possible. After all connections have been secured the actual mapping will begin. Two maps are taken during your appointment, eyes open map and an eyes closed map, both typically last 10 minutes from start to finish. For the eyes open map you will be instructed to look at the bottom of the TV screen, open your mouth slightly so that your teeth are not touching, and relax. The eyes closed is like the eyes open, the only difference is closing your eyes. After both maps are completed, the technician will remove the cap and leads and allow you to remove the sponges, you may also use paper towels to wipe off any excess gel.



## PREPERATION FOR YOUR BRAIN MAP

- **Take critical medication such as those used for seizures and heart conditions.** If you have any questions, please give us a call 24 hours in advance.
- **Wash your hair and have it thoroughly dry before your appointment.** Please refrain from using any oils, gels, or other hair products before your appointment. Oil, sweat, and products will interfere with the connections and make your appointment significantly longer.
- **Use the restroom before your appointment as you will be unable to leave the room after the cap has been secured.**
- **Get a good night's rest before your appointment.** We want to get the most accurate readings and sleep deprivation can cause unreliable readings.
- **Turn off cell phone and leave stress at the door.** Phones can be distracting during your mapping, and we may have to rerecord your map. Stress can cause tension in the muscles which will be picked up by our machine causing inaccurate results. If you have jaw, shoulder, or neck tension please massage those areas before your appointment. We may also ask you to massage problem areas during the mapping process if we are detecting extreme tension.
- **Refrain from taking fresh does of ADHD medication, allergy relief medication or vitamins and supplements within 2 hours before your appointment, unless approved by Dr. Montes.** We want to get the most accurate readings for your map; however, Dr. Montes can make note of any medications and factor them in when analyzing your map. If you have recently changed, started, or stopped a medication and have not informed Dr. Montes, please inform the technician what the name of the medication is, how much you take, and how often and we will note it in your chart.
- **Avoid caffeine like coffee, soda, or energy drinks within 2 hours before your appointment.** Caffeine can cause tension and affect your readings, please inform the technician if you have consumed caffeine within the last 2 hours before your appointment.
- **Do not eat any chewy items such as gum, taffy, gummies, etc. within 2 hours before your appointment.** Once again, chewy items can cause jaw tension, if you have consumed a chewy food within the last 2 hours before your appointment inform the technician.
- **If you are coughing, taking cold medication, have a headache, or are otherwise not feeling yourself please reschedule your appointment 48-hours after symptoms subside.** A sick brain is not the brain we want to see, this can affect your readings and lead to inaccurate results.
- **If you must cancel or reschedule your appointment, please give us a 48-hour notice or charges may apply.**

If you have any questions, please give us a call, send us an email, or visit our website and we will be happy to help!

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