iSYNC EEG RECORDING RECOMMENDATIONS

These guidelines are designed to ensure the accuracy and reliability of EEG scans using the iSyncWave. Adherence to these recommendations is critical for obtaining valid results.

PATIENT PREPARATION GUIDELINES

- **Alcohol and Substance Use:**
  - Avoid alcohol for at least 24 hours prior to the scan.
  - Avoid THC/CBD for 3-14 days before the scan, depending on frequency of use.
  - Refrain from any illicit substances for at least 3 days before the scan, or as long as it takes for the substance to leave the person's system.
- **Diet and Medication:**
  - Do not consume caffeine on the morning of the exam.
  - A full and healthy breakfast the day of the recording is recommended.
  - While medications can impact EEG results, do not discontinue any prescribed medications unless under direct medical supervision. Note any medications taken on the EEG report so you can account for their effects.
- **Physical Preparation:**
  - Ensure the **hair and scalp is clean** and free of styling products.
  - Secure a full night's sleep before the day of the scan.
  - Remove all jewelry, especially from the ears and neck, to avoid interference.
  - Remove all electronic devices, including mobile phones, from the patient.
  - Preferably do not wear contacts during the scan.

SCAN ENVIRONMENT AND PROCEDURE

- **Timing and Positioning:**
  - Schedule the recording for the morning when the patient is most alert.
  - Position the patient in a slightly reclined posture, using a neck pillow if necessary to alleviate helmet weight.
- **Recording Environment:**
  - Ensure the recording environment is quiet, cool, and comfortable.
  - The device should only contact the patient's head, without resting on any other surfaces like pillows or chairs.
  - Ensure the area is free of electronic interference, being too close to outlets or in a poorly EMF insulated environment may interfere with the results.
- **During the Scan:**
  - Minimize physical movement in the vicinity of the scanning area.
  - Provide a simple object for the patient to focus on during the eyes-open segment of the recording.
  - Maintain patient alertness throughout the scan to avoid drowsing; avoid making the environment overly comfortable.

iMediSync