These are instructions for the MEG patients you might found useful :

Your Home work for MEG exam

1. Nocturnal sleep deprivation (reduce your habitual sleep by ~ 50 %, go to bed

late and wake up at your habitual wake time) before the MEG exam

2. Keep your habitual breakfast (exclude coffee, soda, tea) prior to MEG exam

3. Keep your regular meds (only your physician can change your regular meds for MEG

exam)

4. For female: you are refrain from wearing any type of cosmetics (particularly

mascara and eye liner), jewelry or piercings

5. Your clothes should not have “metal objects” including zippers, clips, prints

6. Your hair should not have spray, waxing or other hair- product, only shampoo is

Allow prior to MEG exam

7. If you have dental work (crowns, implants, permanent retainer and braces) – PLEASE contact the lab staff prior

to MEG exam

8. If you wear the contacts, please use eye-glasses for MEG exam

9. If you have any implants in your body-PLEASE contact the lab staff prior to MEG exam

If you have any questions, please call or email the lab (see the number above).

Sincerely,

MEG Team