*MEG SCAN GUIDELINES*

DATE

ADDRESS

Dear ,

You are scheduled for your **MEG scan and VNS Shut-Off** on \_\_\_, 2020 at 7:30 am.

The MEG Lab is located in the **Fitzsimons Building** (aka Building 500 or old Fitzsimons Army Hospital) (see below **“Arriving For Your Visit”**).

**COVID – What to Bring to Your Appointment:**

* Bring your own pillow (due to COVID we cannot supply pillows)
* Bring your own blanket (due to COVID we cannot supply blankets)
* Bring your own face mask (required at Anschutz Medical Campus both outside and in buildings) (Please also see “Un-Masking MEG Protocol” attached).
* Due to strict COVID policy at the Anschutz Medical Campus, family members/caregivers will **not** be allowed in the building during the scan. Please have them wait in the car or plan to be away for approximately 3-4 hours. The MEG technician can call/text and let them know when your exam is complete.

**Preparing for your visit:**

* Patient **must** be sleep deprived, **no more than 4 hours of sleep** on the night prior to visit
* No caffeine **8 hours** prior to visit
* Wear comfortable clothes
* No makeup
* No hairspray or hair gel
	+ No metal, including: Jewelry (gold ok); Watches; Belts
* Wear a sports bra with no metal pieces (no underwire, no adjustable straps, no metal fasteners), OR be prepared to remove bra prior to scan.

**Arriving for your visit:**

* **Please arrive ON TIME!**
* **MEG Scan:** The MEG lab is located in the **Fitzsimons Building**, 13001 E 17th Pl., Aurora, CO 80045, on the CU Anschutz Medical Campus located behind the Anschutz Outpatient Pavilion. **Please note that the Fitzsimons Building is NOT located in University Hospital (see campus map included).**
* Due to strict COVID policies at Anschutz Medical Campus, we ask that you please park in the **Ignacio Visitor Lot** located on the north (back) side of the Fitzsimons Building (Pay-to-Park $1/hour). You may also park in the free lots provided by UCHealth and walk to the north entrance of Fitzsimons Building.
* The MEG technician, Alexander Seames, will meet you at the back door (north entrance) of the Fitzsimons Building. If he is not immediately there upon your arrival, please wait at the entrance until his arrival.
* If you are running late or are unable to find the **Fitzsimons Building**, please call Alexander Seames at 903-280-1922.
* If you need to reschedule your MEG scan, call Jerri Lusk at 303-724-2184.

**What to expect:**

* Each visit lasts 3-4 hours (including setup)
* If patient has VNS, this will be shut-off and turned back on in the MEG Lab by the MEG Scan technician
* Patients will be set up with EEG and MEG electrodes
* The actual MEG scan will take about **90 minutes**, but total appointment time will last from 3-4 hours in total. Patients will simply need to sleep during scan.

Thank you,



Jerri Lusk - MEG Lab