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## **Client Information – preparing for your appointment**

You have been referred for neuropsychological examination. A neuropsychologist is a psychologist with special training in assessing how certain medical problems could be affecting your behaviour, emotions, and mental abilities (i.e., memory, concentration, thinking skills, etc.). This type of examination will be helpful in understanding your symptoms, diagnosing what might be wrong, and choosing the best treatment.

Your examination will start with a chance for you to discuss your concerns with the Neuropsychologist. The Neuropsychologist will spend time asking you many types of questions about your personal and medical history.

A typical neuropsychological assessment consists of several tests of your mental abilities and emotional well-being. This may take several hours, with rest breaks as needed.

You do not need to do anything special to prepare for these tests. However, there are some tips to help your appointment go well:

- Try to come to the appointment well-rested and ready to concentrate.
- Eat a healthy meal before coming. You may also wish to bring a snack with you
- Unless necessary to your health, try to avoid any medicines that make you sleepy or confused at least 12 hours before the appointment.
- Do not drink alcohol for at least 12 hours before the appointment.
- Bring hearing aids and reading glasses, if you need them.
- Bring a list of all your current medicines and doses. Include over-the counter medicines and herbal remedies.

When the examination is complete, the neuropsychologist will contact your referrer with the results and recommendations.