

Referral for Neuropsychological Examination



You are being referred for **neuropsychological examination**. A neuropsychologist is a psychologist with special training in assessing how certain medical problems could be affecting your behavior, 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 privately explain your concerns to the doctor. The doctor will spend time asking you many types of questions about your personal and medical history. You should feel free to bring any family members or trusted friends that might help provide information the doctor needs to understand your symptoms.

A typical neuropsychological examination consists of several tests of your mental abilities and emotional well-being. Although mentally challenging, the tests are not painful. They usually involve tasks such as remembering a list of words, solving a mental problem, or putting a puzzle together. These tests may be completed in one visit, or the doctor may have you come back over several visits. When the examination is complete, the neuropsychologist will contact your health care provider with the results and recommendations.



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

- Try to come to the appointment well-rested and ready to concentrate.
- Dress comfortably.
- Eat a light, healthy snack before coming.
- 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.
- Be sure to bring hearing aids and reading glasses, if you need them.
- If you are unsure why you are coming for the appointment or confused about your symptoms, bring a trusted relative or friend who can help describe your situation.
- Bring a list of all your current medicines and doses. Include over-the-counter medicines and herbal remedies as well.

Your doctor will plan to meet with you about 45 minutes to discuss your symptoms and situation. He or she may then see you for testing that day, or re-schedule a testing session. Testing usually lasts 2-4 hours, including rest breaks.