



Neponset Valley Neuropsychology
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Neuropsychological Testing at Neponset Valley Neuropsychology consists of a variety of tasks, which may include but is not limited to:

- Answering questions
- Completing tasks with paper & pencil
- Computer-based tasks
- Drawing

- + Testing is administered by a technician & is one-on-one
- + Testing appointments are scheduled in either the morning or afternoon, for 3-hours
 - Morning: 9am – 12pm
 - If additional testing is needed beyond the 3-hours, it is done at 9am
 - Afternoon: 1pm – 4pm

Things to Remember for Testing Day

- + If you are paying Out-of-Pocket, please bring all of the remaining outstanding balance
- + Please bring any insurance card(s) you didn't have for the first appointment
- + Taking breaks is okay! Just let the technician know if you need one!
- + Getting a good night's sleep the night before testing is important!
 - Avoid staying up late, having caffeine the night before, or deviating too much from your normal routine
- + Eat a healthy breakfast/lunch depending on the time of your appointment, avoid heavy carbohydrates & fatty foods
- + Medication(s) should be taken as usual on the testing day unless instructed otherwise
 - ADHD medication(s) should **NOT** be taken on testing day unless instructed otherwise
- + Bringing light snacks & water to the session may be helpful
 - Water bottles are available