



### **What is an EEG?**

An EEG is a test that measures your child's brain waves. It measures brain electricity in the same way that an EKG (electrocardiogram) measures the electricity of the heart.

Most outpatient EEGs take 60-90 minutes to complete. Sometimes children need a longer EEG for a couple hours or even a few days. This is called long term monitoring, and it can be done in the hospital or at home (ambulatory EEG).

### **What to expect during EEG?**

- This test does not hurt. No needles or shots are involved.
- Wires (electrodes) will be glued or pasted to the child's scalp. This takes about 20-30 minutes.
- A recording will be made of your child's brain waves. It is best if this is done with your child both awake and asleep.
- Often a video of your child is done at the same time. This helps your child's provider see what your child does during a seizure. If old enough, your child will be asked to look at flashing lights (photic stimulation) or breathe very fast (hyperventilation).
- Once the test is complete, the EEG tech will remove the electrodes.

### **How should I prepare my child for an EEG?**

- Wash your child's hair the night before or the day of the test; please do not use hair products to your child's hair the day of the EEG. The hair should be loose. Do not put the hair in braids or a weave.
- Please have your child go to sleep **two hours later** than normal the night before the EEG and get up **two hours earlier** than they normally would the morning of the EEG.
- You know your child better than we do. If you think your child will not go to sleep easily, you may choose for them to have less sleep than we recommend.
- Do not allow your child to nap before the EEG. You may want to bring a second adult to the appointment to help keep your child awake in the car.
- Please have your child take their medication as prescribed and eat as they would normally unless previously instructed otherwise.
- Bring your child's favorite blanket or stuffed toy, bottle, and or pacifier that might offer comfort and encouragement to sleep.
- Please bring a hat or cap for your child since their hair will be wet following the appointment.
- If your child rides in a car seat, please bring another adult to monitor them on the way home.
- No more than two adults will be allowed in the room during the test. Please do not bring other children to this appointment.
- If you have any questions regarding these instructions, call our office at 540-769-0694