

Electroencephalogram (EEG)



What is an electroencephalogram (EEG)?

An electroencephalogram (EEG) is a test that records electrical signals in the brain. An EEG can help your child's doctor learn about how your child's brain works.

What should I do to help my child prepare for the test?

Some guidelines to follow include:

- Your child needs to be sleepy for the test.
 - Keep your child up 2 to 3 hours later than normal the night before the test.
 - Wake up your child 2 to 3 hours earlier than normal the morning of the test.
 - Children over 3 years of age should not sleep more than 5 hours the night before the test.
- Your child may eat or drink a regular diet before the test but may not have foods or drinks with caffeine or a high sugar content. If your baby still takes a bottle, please bring full bottles with you.
- Wash and rinse your child's hair the night before the test. Do not use any conditioners, hair sprays or other hair products.
- Bring a comfort item, such as a pacifier or blanket, if needed.
- If your child is a baby or toddler, bring diapers with you.
- If your child is on any medicines:
 - Please bring a list of them with you.
 - Give them at the regular times unless your child's doctor gives you different instructions.

What will the test be like?

- This test is done by placing wires called electrodes (small, flat, round discs) on your child's scalp. We may wrap your child's head in gauze to hold the electrodes in place. The electrodes do not hurt or shock your child.
- Colored wires attach the electrodes to a machine. The machine records the electrical activity of the brain.
- Photo activation (light stimulation) may be done for children 6 months and older. A strobe light is connected to the machine.
- During the test, your child:
 - Will need to sleep.
 - Should not feel any pain.
 - Will not have their hair cut or shaved.
 - May be asked to blow on a pinwheel if 5 years of age or older.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Electroencephalogram (EEG), continued

What happens after the test?

After the test, the technologist will:

- Remove the electrodes and wires.
- Give you any special instructions you may need and tell you when you may leave.

When do I get the results?

The technologist cannot provide you with results. The test needs to be read by a neurologist (a doctor who cares for the nervous system). The results are then sent to your child's doctor.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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