

## CHLA EEG PREPARATION GUIDE

An EEG (electroencephalogram) records brain waves using discs that are pasted to the scalp. The brain wave patterns are analyzed by doctors to help diagnose epilepsy and other conditions.

**Location:** 5<sup>th</sup> Floor Duque East

In general, plan to spend two hours with the EEG technologist. If you're scheduled for the video-EEG, plan 4-6 hours.

Arrive at least 15 minutes early. Allow 30 minutes to park and find the EEG lab. If you're more than 20 minutes late, we probably can't do the test.

Be prepared to provide an accurate medical history of your child, including current symptoms and the name and the dose of medications.

Wash your child's hair the night before the EEG. The scalp must be clean and oil free. Don't use conditioner, hairspray, or other hair products. We prefer hair that is not braided, pulled up, or in pigtails, but if already braided, it should be OK.

We want your child to sleep during the test, so he/she should be sleep-deprived the night before:

- For children under 2 years old, wake them 2 hours earlier than usual.
- If over 2 years old, keep them up 2 hours past bedtime and wake them up 2 hours earlier.
- For children who take regular naps, you may wish to request an appointment that coincides with nap time.
- Don't allow your child to sleep on the way to the appointment
- Avoid caffeine containing drinks and food.
- Eat a meal or snack 1-2 hours before the test. A happy belly will promote sleep.

Please tell us in advance if your child has sensory/anxiety issues or special needs. Also let us know about previous difficulties with EEGs, haircuts, or other activities that involve touching the head. We can prepare in advance to make the process as easy as possible for your child.

Give your child's medication as prescribed unless the doctor has asked you otherwise.

Dress your child comfortably; pajamas are good. Bring bottles or pacifiers if used.

Bring your child's comfort items like blankets, toys, music on CD, or movies on DVD.

Arrange care of your other children. Siblings are not allowed in the testing area.



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Your child's hair will be messy after the test. The technologist will remove most of the paste, but you should plan to wash your child's hair when you get home.