

# Electroencephalogram (EEG)

## Preparation Guide

### What is an EEG?

An EEG (electroencephalogram) records brain waves using discs that are pasted to the scalp. Doctors will look at your child's brain wave patterns to help diagnose epilepsy and other conditions.

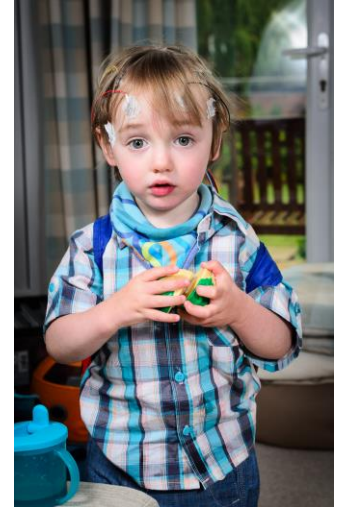
### How long will my child be at their appointment?

- In general, plan to spend 2 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 may not be able to do the test.

### What do I need to prepare before the EEG?

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.
  - Do not use conditioner, hairspray, or other hair products.
  - Do not braid hair or put it up in a pony tail.
- It is important for your child to have less sleep the night before so they can sleep during the test.
  - 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 try to request an appointment for the time your child naps.
  - Do not allow your child to sleep on the way to the appointment
  - Do not give your child drinks and food with caffeine it them.
  - Have your child eat a meal or snack 1-2 hours before the test. Your child may sleep better with having a meal before the test.
- Please tell us before the test if your child has sensory/anxiety issues or special needs.
- Please let us know if your child ever had 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.
- Arrange for someone to watch your other children while you are with your child in the hospital.



Siblings are not allowed in the testing area.



### **What should I bring for my child to the hospital?**

- Comfortable clothes like pajamas for your child to wear
- Bottles or pacifiers if used
- Comfort items like blankets, toys, music on CD, or movies on DVD

### **What do I need to know for after the EEG?**

- 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.

### **What do we need to do after the procedure is completed?**

- EEG results are available 1-2 business days after the procedure has been done.
- If your child has not been seen before in the Division of Neurology:
  - Contact your pediatrician or the doctor who ordered the EEG to discuss results.
- If your child is already seen in neurology or has a new patient appointment scheduled:
  - The neurologist will discuss the results with you at your next visit.
- If you have any questions related to your appointment, please contact (323) 361-2471.