

## **ELECTROENCEPHALOGRAM (EEG)**

### **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. This will help your doctor determine if medication needs to be started or if any changes to your child's medication need to be made.

Most EEGs take an hour to complete. Sometimes children need a longer EEG for a few 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 happens during the EEG?**

- Wires (electrodes) will be glued or pasted to both sides of your child's scalp. This takes about 20 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 (photoc stimulation) or breathe very fast (hyperventilation).
- Once the test is complete, the EEG tech will remove the electrodes.
- This test will be read by a pediatric neurologist and the results will be given to your child's provider. Ask the EEG tech how long it takes for your provider to get the results.

### **What do I need to know to help my child?**

- This test does not hurt!
- Your child will not need to be put to sleep for the test.
- Ask your child's provider if he/she should take his/her medicines before the test.
- Your child should sleep normally the night before the EEG, unless your child's provider gives you different sleep instructions. It is VERY important that your child not sleep in the car on the way to the EEG appointment.
- Make sure that your child's hair is washed and dry the day of the EEG. Do not apply any 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.

- Bring a familiar toy or blanket to the appointment to help your child feel more comfortable.