

## Before your child's EEG

Depending on your child's age, temperament and previous experiences, we recommend preparing your child using the following timeline:

**3 to 4 years old:** The day prior or day of procedure

**5 to 6 years old:** Two to three days prior to procedure

**7 and older:** One week prior to procedure

Please contact a Child Life Specialist at **(470) 956-9138** for additional information on how to help your child prepare for their EEG.



## Having an EEG (electroencephalogram)

If you would like more information about your child's test, please call the Wellstar Pediatric Center at **(678) 594-7337** and **press "1"** to reach the Imaging Department.

If your child is having an ambulatory EEG, this will require testing for 24, 48 or 72 hours. The ordering physician will determine the length of time requested. Please refer to the defined information pamphlet on AEEG for details.

[wellstar.org/KIDCARE](http://wellstar.org/KIDCARE)

## The day of your child's EEG

- Plan to arrive 30 minutes prior to the appointment time for registration
- Allow 60 - 90 minutes for electrode placement and removal and the EEG test.
- Bring your child's seizure rescue medication with you to your appointment.
- Bring a favorite comfort item from home.
- Ask about environmental modifications if your child is sensitive to or stressed by bright lights and loud noises.
- Remember that you are the expert on your child, how they react to stressful situations and what helps them cope.
- Review distraction techniques with your child prior to the appointment.
- Ask for additional support from a child life specialist before or during your EEG.
- Ask your technologist for instructions if you decide to sit with, hold or lie next to your child.
- Let us know about your experience and if there is any way we can assist you.



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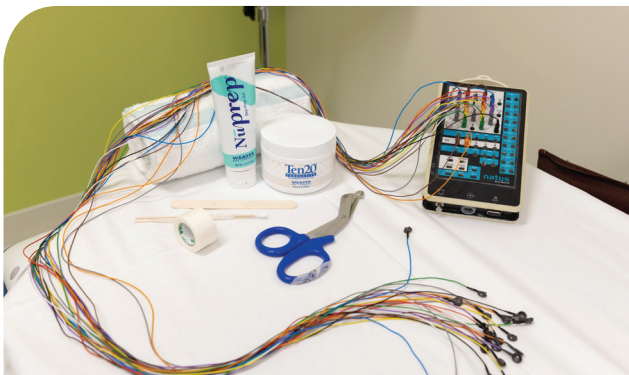


## What is an EEG?

An EEG is a painless test that will tell your doctor how your brain is working. It lasts for about 20 to 30 minutes and is about the length of a cartoon. Your parent or caregiver can stay with you the whole time.

## What to expect during your appointment

Here are the items we will use for your test:



A technologist will place 21 small round metal disks called electrodes on your head. The electrodes are connected to these rainbow-colored wires that connect to a computer.



The technologist will clean your head with a green soap and cotton swab. This feels like a face scrub and only goes on the areas we need to place the wires.



Next, he/she will put a small amount of paste on the electrode so it can stick to your head and cover it with soft cloth called gauze. Don't worry, the paste will easily wash out of your hair.



They may wrap your head with a large gauze cloth that looks like a hat to keep the wires in place.

Here is a picture of what the electrodes will look like when they are on your head and chest.



When the wires are in place, the test will start. You can watch TV, use a tablet, hug a stuffed animal, hold your parent's hand or take a nap. Whatever you choose, your most important job is to hold still.

## When the test is done

The technologist will easily slide off the electrodes. They will use a warm wet washcloth to remove the paste. Some kids say this part feels like a head massage. Your hair may feel wet and a little stiff, but it will all come out when you wash your hair. Great job, you are all done!

Don't forget to get a school note from the front desk and pick a prize from the treasure chest.