

Electroencephalogram (EEG)

EEG measures electrical waves in brain

EEG is a safe and painless test. We do not use needles. EEG test takes about 1 to 1.5 hours.



Electrode

Placing electrodes for EEG

We use many tiny electrodes. We fill each one with a white cream. The tape holds electrodes in place.

What to do before the EEG

- Call your insurance company before your appointment. Find out how much coverage you have for the EEG.
- Be sure to bring:
 - Proof of insurance, CIDC, or Medicaid.
 - Comfort item for child such as a favorite blanket or stuffed animal.

Call us as soon as possible if your child is ill or you cannot make the appointment.

We can reschedule and use this time for another patient.

Please call us if your child has fever, head lice, or a skin rash.

Checking in and parking

Checking in Dodson and Prosper

Arrive 30 minutes before your appointment.



Please do not bring your other children unless another adult can watch them in the waiting room.

Dodson registration check in: Go to first floor registration of the Dodson Specialty Building.

Prosper registration check in: Go to first floor registration of the Prosper Specialty Clinic.

Parking Dodson and Prosper

Dodson parking is free if you are bringing a patient to our clinic. You can self-park in the garage or use our valet services:

- Valet parking: West side of Dodson Specialty Building in back by parking lot.
- Valet services are available for oversized cars and trucks that cannot park in garage.
- 7th Avenue Garage: This garage is on the corner of 7th Avenue and Pruitt Street.

Prosper parking is located in front of the Specialty Clinics. Look for the green awning.

Getting child ready for EEG

Medicines

Give your child all of the same medicines unless your doctor tells you not to.



Do not give any medicine to make your child sleepy.

Wash child's hair before the EEG

Do not use any conditioners, gels, sprays, or oils on your child's hair.

Eating and Drinking

Night before and the morning of the test:

- Do not give any food or fluids with caffeine such as coffee, tea, sodas, or chocolate.
- Your child may eat before the test.
- Please bring your child's bottle, sippy cup, or pacifier.

Caretakers

Only 2 people may go to the EEG room with their child. Sometimes children try to remove the electrodes. We may need a parent to help hold a child still.

Sleep guidelines for your child's age

Brain wave patterns are different when you are awake and asleep. We record EEG both ways. It

is important to be **naturally sleepy** before the EEG.

Please follow these sleep guidelines to make sure your child will be sleepy before the EEG.

Newborn to 2 months

It is usually not necessary to change an infant's sleep pattern.

- Infants will sleep most of the time.
- Infants often settle down with a bottle.

3 months to 12 months

- Keep child awake 2 to 3 hours before the EEG.
- No afternoon naps.

13 months to 2 years

- Keep child awake 4 to 5 hours before the EEG.
- No afternoon naps.

3 years to 15 years

- On the evening before the EEG, keep child awake for 2 hours past their regular bedtime
- Wake child up at 4:00 a.m. and keep child awake until time of the EEG.

Over 15 years of age

- Keep teenagers awake all night.

Child Life can help child understand

Child Life specialists know how to explain things to children in simple ways they can understand. We can help your child learn more about the EEG.

Please call us if:

- You have any questions or concerns.
- You feel your child may need extra support during the EEG.
- You have ideas on how we can best help your child. There is no charge for these services.



Sometimes children with autism or other sensory challenges have special learning needs and may need additional help.

Child Life

For contacts and locations visit:

cookchildrens.org/patients-families/healthcare-team/child-life-specialists/ or



Neurosciences

For information on the Neurosciences Center visit:

cookchildrens.org/services/neurosciences/ or



For information on seizures visit:

cookchildrens.org/services/neurosciences/conditions/seizures/ or



For locations and contacts visit:

cookchildrens.org/services/neurosciences/contact-us/ or



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.