

EEG

WHAT IS AN EEG?

An EEG measures electrical waves in the brain. It is a very safe and painless test. We do not use needles. The entire EEG test takes about 1 to 1 ½ hours.



The EEG does not hurt. We use tape to hold the electrodes in place.

WHAT DO I NEED TO DO?

FOR PARENTS:

Check with your insurance company

Call your insurance before appointment. Find out how much coverage you have for the EEG.

Be sure to bring:

1. Doctor's Referral
2. Any Authorizations
3. Proof of Insurance, CIDC, or Medicaid
4. Comfort item for child (favorite blanket or stuffed animal)

Call us as soon as possible

1. Please call us if your child gets: head lice, fever, skin rash
2. Call us if you or your child has been around chickenpox within the last two weeks.
3. Please call if your child is ill or you cannot make your appointment. We can reschedule and use this time for another patient. **(682) 885-2500**

Arrive 30 minutes before appointment.

1. Register with Neurology front desk on first floor of Cook Children's Specialty Clinics Building, just south of the main hospital.
2. You can park in the garage located on Terrell Street, just south of the hospital.
3. We will stamp your parking ticket.
4. Please do not bring your other children unless another adult can watch them in the waiting room.

Help us get the best EEG

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

GETTING YOUR CHILD READY:

Keep taking same medicines

1. Give all the same medicines unless your doctor tells you not to.
2. Do *not* give any medicine to make child sleepy.

Wash hair before the EEG

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

Eating and Drinking

1. The night before and the morning of the test: Do *not* give any food or fluids with caffeine (coffee, tea, sodas, chocolate).
2. Your child may have a light breakfast/lunch before the test.
3. If your child is less than 6 months old, please bring a bottle.

Make your child sleepy before EEG

Do whatever you can to make your child sleepy. Do not give any sleep medicines. For example, young children can skip naps or older children can wake-up extra early on the day of the test.

Follow these sleep guidelines according to your child's age:

- **Newborn to 2 months:**
There is usually no need to change a child's sleep pattern at this age. Newborns spend much of the time sleeping and often settle down with a bottle.
- **3 to 12 months:**
Keep awake two to three hours before the test. No afternoon naps.
- **13 months to 2 years:**
Keep awake four to five hours before the test. No afternoon naps.
- **3 to 15 years:**
Keep awake two hours past regular bedtime the evening before the test. Wake up at 4:00 am and keep child awake until the time of the test.
- **Over 15 years of age:**
Teenagers should remain awake all night.



We use many tiny electrodes. We fill each one with a white cream.

WHY IS THIS IMPORTANT?

1. Brain wave patterns are different when you are awake and asleep. We record the EEG both ways. It is important to be naturally sleepy before the EEG.
2. In order to get the best EEG reading, you must be healthy. You must also have clean hair.

NEUROSCIENCES & CHILD LIFE

Child Life Specialists know how to explain things to children in simple ways they can understand.

Please call us if:

- We can help your child learn more about the EEG.
- You feel your child may need extra support during the test. Sometimes children with autism or other sensory challenges have special learning needs and may need additional help.

Also, call us if you have ideas on how we can best help your child. There is no charge for these services.

Child Life Specialist, Kat Davitt:
682-885-5872 or
kat.davitt@cookchildrens.org

QUESTIONS

If you have any questions or concerns, call us at **682-885-2500**.

Please visit our website at www.cookchildrens.org/neuro to learn more about our Epilepsy program and download information on seizures.