

Routine EEG

What is an EEG?

An EEG (electroencephalogram) is a painless recording of your child's brain waves over a period of time. This helps the medical team get a more complete picture of your child's condition.

- You will receive a call from the EEG scheduler to schedule the test. EEGs are scheduled Monday-Friday.

How do I prepare for the test?

- Plan extra time for arrival at the hospital. Allow time for parking and badging.
- You will check in at the 12th floor EEG desk and will be asked to wait in the waiting room until the EEG technologist takes your child to the lab.
- Wash your child's hair the night before or the morning of the test. Do not use any styling products (they prevent the electrodes from sticking).

Before the appointment:

- Give medicines as scheduled unless your child's provider gives you different instructions.
- Let your child eat and drink before the test, but avoid caffeine and sugar.
- Take your child to the bathroom before the appointment.
- Bring things that make your child feel comfortable, like a bottle, pacifier, blanket, or toy.
- Please be on time. If you are more than 30 minutes late, we may have to reschedule.

What happens at the beginning of a Routine EEG?

- A specially trained EEG technologist will apply the electrodes and the required EEG equipment. This will take about 60 minutes from start to finish. Your child's hair does not need to be cut or shaved.
- Your child will be asked to lie down on a stretcher or bed.
- Your child's head and body need to be completely still when the electrodes are placed. You may be asked to help your child stay still so the process can go as quickly and easily as possible. If your child is 4 or younger and still moves too much, their body may be wrapped snugly so that the electrode application can be completed.
- Your child's head will be measured with a measuring tape.
- The EEG technologist will mark 30 locations on your child's head with a grease pen.
- The EEG technologist will rub a sandy cleanser on the places where the electrodes will attach before putting them on, which helps them stay in place.
- Small circular-shaped electrodes will be placed on your child's scalp.
- Your child's head will be wrapped in gauze.
- The electrodes are connected to a small EEG computer machine that is carried in a small backpack.
- The EEG staff will explain the EEG push button, video camera equipment, and your important role in keeping a record of your child's seizure episodes.

- You will be given an Event Log to write down the time and details of events when they occur. This information will help the doctor read and interpret the computer data to make an accurate report.

What happens during the Routine EEG?

After the electrodes are in place, the EEG technologist will start the recording and test your child's brain waves in a few different ways. These are the tests we may ask your child to do:

- Deep breathing for up to 5 minutes
- Checking response to flashing lights
- Counting and remembering things
- Opening and closing eyes
- Lying quietly and/or sleeping

Depending on the order placed by your provider, we will monitor your child for 30 minutes to 2 hours. While your child is being monitored, you will stay in their room and monitor them closely. If they have an event, you will push the event button. For this reason, you or another caregiver familiar with your child's events must stay in the room at all times.

What happens when the test is over?

- The electrodes are removed with an adhesive removing oil.
- Your child will need a bath or shower at home to clean their hair.

When will I know the results of the EEG?

The EEG technologist that performs the test cannot give you any information about the results of your child's test.

The EEG is read by one of our pediatric epileptologists, and the results are shared with the provider who ordered the test. Results will be communicated by a Pediatric Neurology nurse or your child's neurology provider via the patient portal or by phone within 5 business days.

If you have further questions prior to your child's EEG, please call the EEG laboratory at 734-232-9271 option #2, Monday through Friday, 8am-5pm.