

Electroencephalogram (EEG)

Information for patients, parents and guardians

Your doctor has requested that your child has an electroencephalogram (EEG).

- An EEG records the electric patterns of the brain (brainwaves). EEGs can be used to help diagnose and manage a number of different conditions including seizures.
- The test will be carried out by specially trained health professionals called physiologists in the clinical neurophysiology department.
- The EEG is pain free and takes approximately one hour to complete.

Preparing for the test

On the day of the test, your child can eat and drink as normal, and take any medicines as they usually would.

Make sure your child's hair is clean and free from head lice (if required, please treat the hair at least 48 hours prior to the test).

What to bring with you:

- a drink
- a snack for your child to eat (this can only be eaten during the set up of the test and not during the recording)
- a DVD to keep them entertained
- a favourite toy or special comforter to help your child feel more relaxed
- a brush or comb to tidy your child's hair after the test

You will be able to stay with your child at all times.

What to expect

Your child's head will be measured using a tape measure and a wax crayon used to mark where the electrodes (small silver discs) will be placed. The electrodes will be held in place with a special sticky paste.

Between 19 and 23 electrodes will be used, and the readings they generate on the computer will appear as lots of wavy lines on the screen. A video recording of the EEG test will be made at the same time.

At some point during the test we will ask your child to watch a flashing light and they may be asked to blow on a windmill toy in order to hyperventilate (to breathe fast and deeply).

You will be asked to give your consent to these procedures on behalf of your child before the test starts. This is to confirm that you understand there is a very small risk (less than 1%) of the procedure causing your child to have a seizure. You may, of course, decline this part of the test.

After the recording the electrodes and sticky paste will be cleaned with warm soapy water. You will be required to wash your child's hair at home to fully remove the paste.

At the end of the test, the physiologist will not be able to give you any results, as they will need to be analysed by one of our consultants. The results will be sent to the doctor who referred your child for the test.

Further information

Please note that we see both children and adults in the neurophysiology department and there is a shared waiting room.

Please feel free to contact the department if there is anything you do not understand.

If the appointment is not convenient please phone as soon as possible to rearrange it.

Clinical neurophysiology department

Telephone: **023 8120 6785** (from 8am to 4.30pm, or please leave a message on the answer machine)

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If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone **023 8120 4688** for help.

www.uhs.nhs.uk/childrenshospital