

# What is an EEG?

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An **EEG** stands for Electroencephalogram. It's a test that checks the electrical activity in your **brain**. Similar to how a microphone picks up sounds, the EEG picks up brain waves. The EEG machine uses small stickers called **electrodes** that are placed on your head. These stickers are connected to wires that send signals to a computer. The computer records the signals and makes a special story about your brain.

## Why it's important to have an EEG?

An EEG helps doctors understand how your brain is working. It can show if there are unusual patterns, like seizures or other brain activity that might need treatment. It's like taking a picture of your brain's rhythm.

## Your job during an EEG.

Your job is to relax and stay still while the electrodes are placed on your head. You might be asked to open and close your eyes, breathe deeply, or even take a short nap. Staying calm and quiet helps the test go smoothly. Your caregiver can stay with you the whole time.

## What happens when you have an EEG?

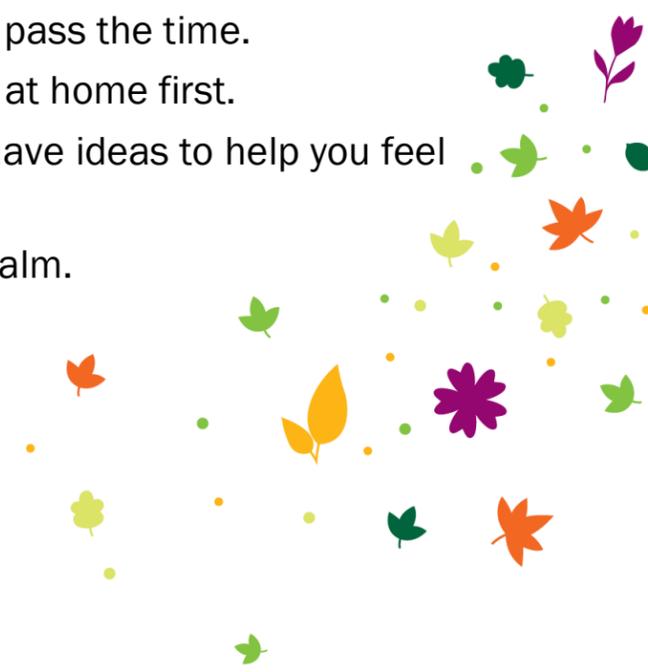
### Steps:

- You will lie down on a bed.
- A **tech** will **measure** your head and mark spots with a **special pencil**.
- Small stickers (**electrodes**) will be placed on your scalp with some **gel** and a **piece of gauze** to help them stick. The gel will be rubbed on and may feel a little scratchy.
- **Oxygen** (air) is used to help dry the small stickers and gel. It sounds loud near your ears and might smell strong for a short time.
- **Wires** will connect the stickers to the **EEG machine**.
- You will be asked to stay still and calm. You may be asked to breathe deeply or look at flashing lights.
- The machine records your brain waves. It doesn't hurt or touch you.
- After the test, the stickers and gel are gently cleaned off.
- Your hair will be sticky until a special conditioner or mineral oil is used to dissolve (melt away) the glue.
- You are all done! You can ask the tech to see your **brain wave pictures**.

## Things that can help when you have an EEG.

### Helpful Hints During an EEG:

- Practice lying still like a statue.
- Bring a favorite stuffy or blanket for comfort.
- Perhaps your stuffy can have an EEG lead placed first.
- **Distraction** like music, stories, or gentle breathing games can help pass the time.
- If the test includes flashing lights or deep breathing, practice these at home first.
- Let the tech or **Child Life Specialist** know if you are nervous– they have ideas to help you feel comfortable.
- Children take cues from their caregivers, so it is helpful to remain calm.



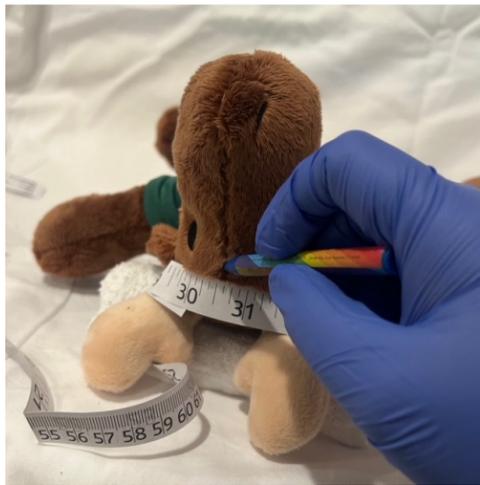
# Body Systems & Procedures



# Steps for an EEG ...



lay down on bed



measuring & marking



scratchy scrub



electrode sticker on



gauze & glue



blowing on your hair



plug in and test



white hat wrap up



stickers on chest

