

# **EEG (Electroencephalogram) Instructions**

## **Preparing for the EEG:**

1. Wash hair the night before
2. No hairspray, gel, etc. for day of test
3. TAKE ALL MEDICATION DAY OF EEG, unless instructed otherwise by your doctor.
4. Sleep Deprived EEG- (many seizures happen in sleep, this is best way to detect)
  - ↪ Keep child awake until MIDNIGHT the night before
  - ↪ Wake child up at 4 AM the day of EEG and NO NAPS on the way
5. If your child will be having an EEG with SEDATION- please follow instructions given by anesthesia or sedation department at the hospital you will be going to. Please note, IF YOUR CHILD IS SCHEDULED IN THE HOSPITAL WITH SEDATION HE/SHE WILL NEED TO BE NPO- no foods or drinks 8 or more hours before the test/sedation. Also, if your child is sick you should notify the hospital, because they may reschedule your test.

## **What is an EEG:**

EEG's measure the electrical impulses from the nerve cells (neurons) in your brain. Normally these neurons fire randomly. In individuals with seizures, these neurons may all fire at the same time, showing a "spike" in electrical activity. The EEG will show this or any slowing in brain wave activity, if it occurs during the test.

## **How is the EEG done:**

The technician will place 21 electrodes over the head and 4 around the ears and eyes. This is not painful. The electrodes will detect electrical activity. Part of the test includes a strobe light and hyperventilation (breathing faster). These can sometimes show abnormal electrical activity, so the doctor is able to see it on the test. The test takes about 45 MIN to 1+ hours. Long term or Video EEG's may take 8-24+ hours and can usually be done in your home, our office or the hospital overnight.