

About Your EEG

For kids

10/23/2015 PE 002067

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What is an EEG?

EEG is a short way to say electroencephalogram. An EEG tells your doctor important information about your brain. The person who does the EEG is called a technologist.

You may have to wake up very early. We want you to be extra tired for your EEG.

Welcome to the Sleep Center



You and your grown-up will come to the Sleep Center on the 5th Floor of the Founders Building to have your EEG. Your grown-up will be with you all of the time.

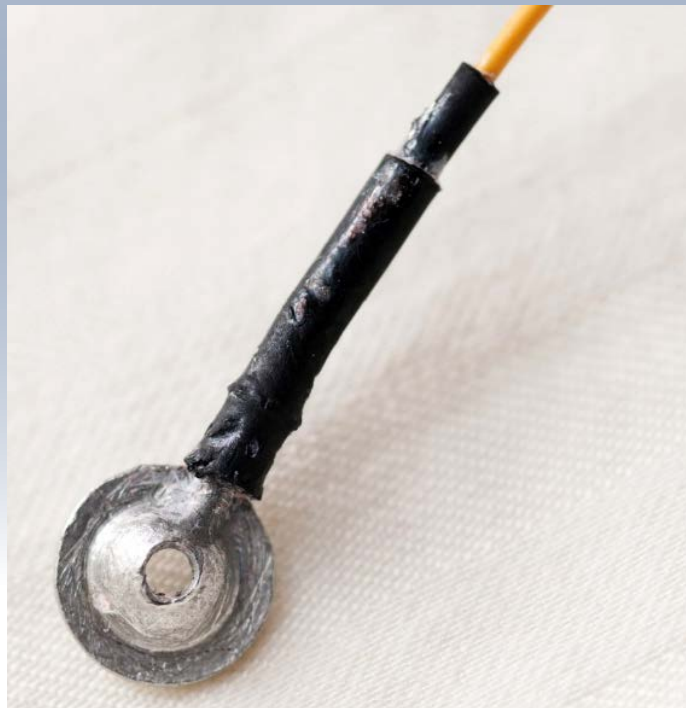
Getting ready for your EEG



You and your grown-up will go to a room where the EEG will be done. You will lie on the bed. You can watch TV or play with a toy you brought from home.



Your job is to hold as still as possible. You will be like a statue. Holding very still makes everything go faster. Practice holding still like a statue!



This is an electrode. It looks like a small metal circle. It has a wire attached to it. You might hear them called “buttons” or “sensors”. An electrode measures messages of brain. The electrodes do not hurt.



We will measure your head with a measuring tape and a special silver tool.



We will use a special crayon to mark on your head. The mark shows us where to put the electrodes. The crayon feels like rubbing. The marks will come off when you wash your hair.



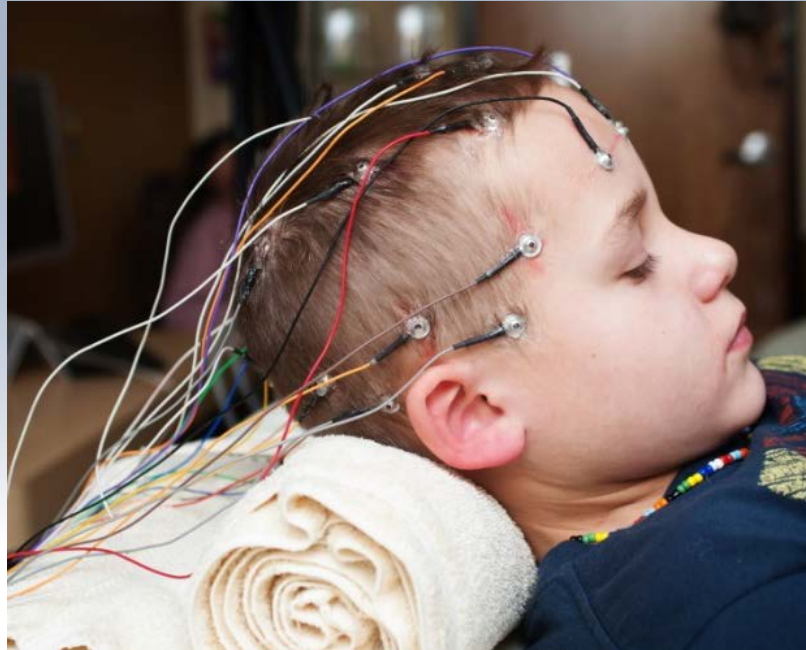
A small amount of special glue is used to put the electrodes on your head. The glue may smell funny. The smell will go away when the glue dries. You can wash the glue off when you get home.



A special blow drier is used to dry the glue. You may think the drier is loud. You can test the blow drier before we start.



Gel is placed on each electrode. A syringe is used to squirt the gel. The gel makes the electrode work better. The syringe might feel like scratching. The gel on the electrode might feel a little cold on your skin. You can ask us to squirt a little on your hand.



You will need many electrodes on your head. You may need as many as 25! You can ask us exactly how many you need.

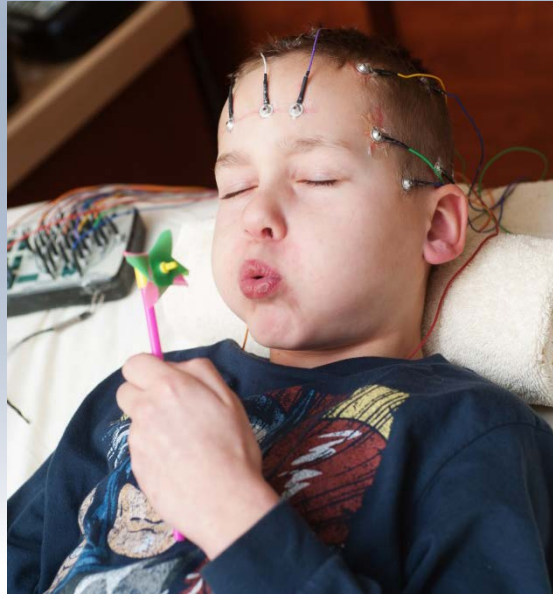


Two electrodes will be taped to your chest to check your heart beat.

Having your EEG



You are ready to have your EEG. The lights will be turned down low to help you relax. You may be asked to take a short nap during the test. Your grown-up can lie on the bed with you.



You may be asked to blow on a pinwheel. You may also be asked to look at a box that flashes a light off and on. You may need to open and close your eyes while the light is flashing. Your job is to listen and do what we ask.



We will watch a computer screen. The computer is recording your brain messages. The messages look like a bunch of squiggly lines.



Your EEG is done. We will take off the electrodes.
You and your grown-up can go home.

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