

DEPARTMENT OF CLINICAL NEUROPHYSIOLOGY

Telephone 01603 287306

Opening hours

Mon-Fri 8:00am-4:30pm

Children's Information Leaflet - A Guide to the EEG

Important information for parents / carers

Please ensure that your child's hair is clean and that no sprays or creams have been applied. In addition please bring any medication currently being taken (a written list would be satisfactory). Please tell the Technician if your child is sensitive to lotions or sticky tape before the test begins.

As the test requires total relaxation without distractions, it will not be possible to allow any other children into the room while the EEG is performed. Up to two adults may accompany your child.

Some of the following may be needed during the test:

- 1 **Deep breathing.** This may produce changes in the brain wave activity that could help in diagnosis. The patient will be asked to take deep breaths for about 3 minutes. This may cause a light-headed or tingling feeling. This is normal and will pass off when the patient returns to breathing normally. Please tell the technician if the patient suffers from asthma or has any other breathing difficulty, or any heart conditions.
- 2 **Photic stimulation.** This is an important part of the test for people who may have seizures or blackouts caused by flashing lights. The patient will be asked to look at a bright flashing light with their eyes open or closed for up to 7 seconds at a time. In 1.9% of cases this can provide additional important information to help with your child's diagnosis. There is a very small risk (0.06% or 1 in 1794) that the flashing light could cause a generalised tonic clonic seizure in people who are very sensitive, but the technician will be looking at the EEG during the test and will stop the flashing light if your child appears to be sensitive. Please tell the technician if you do not wish your child to have this part of the test.
- 3 **Sleep test.** A recording during sleep or after sleep deprivation can sometimes be helpful. You will be told in advance if your child is to have this type of recording. Lack of sleep can sometimes cause attacks in people prone to epilepsy.
- 4 **Video.** We normally make a video recording of the patient during the test which may be helpful if they have any symptoms at the time of the EEG recording, but will otherwise be deleted. We will ask you to sign a consent form for the video recording if we need to keep it.

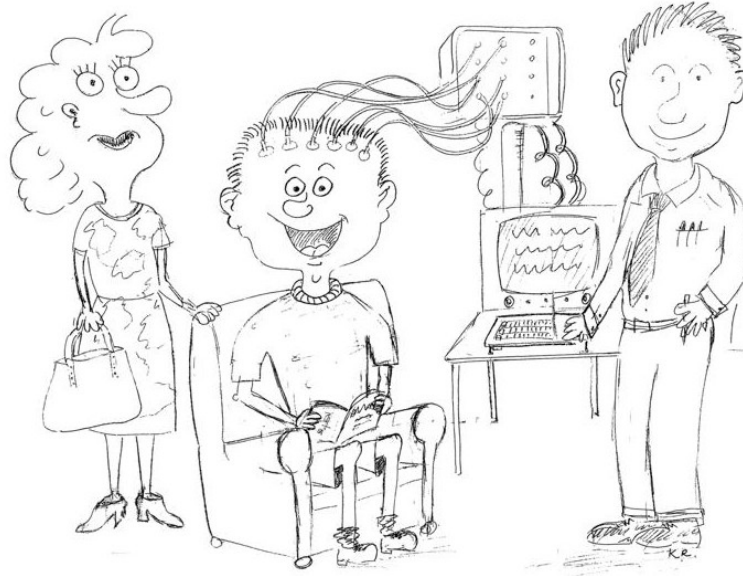
Any questions?

If you have any questions or concerns about the test, please do not hesitate to contact our staff on **01603 287306** before your appointment or talk to us before the start of your test. The department is open **Monday-Friday 8am-4.30pm**. There is a voicemail service to leave a message if we are unavailable.

Children's Information Leaflet - A Guide to the EEG

Inside your head is your brain. Your brain helps you to think, move, learn and play. In fact, your brain controls everything you do, a bit like a computer.

To work, your brain uses its own special electricity. An EEG is a test to look at how your brain is making and using the electricity.



Why not colour this picture in?

At the hospital you will be seen by a Technician, who will explain how the test works. They will then stick some tiny discs onto your head using a special sticky paste, which takes about 20 minutes, these come off really easily at the end of the test. The discs have wires that attach to a computer that reads the amount of electricity in your brain. The 'brain waves' look like a lot of wavy lines on the screen. The Technician will ask you to sit in a comfy chair and keep really still.

If you want, you can bring along your favourite small toy, comforter, book, DVD, CD or story tape.

You will be asked to open and close your eyes at different times, and you may be asked to do some deep breathing or blowing a windmill, and watch a flashing light. The recording takes another 20 minutes and doesn't hurt at all.

Afterwards, the technician will take all the wires and discs off and clean the paste out of your hair, then you can go home (or back to school!). You will probably need to wash your hair later.

After you have gone, the EEG doctor will look at the recording and send the results back to your doctor.