NEUROLOGY GROUP of BERGEN COUNTY

Electroencephalogram (EEG) Pediatric Patients

An Electroencephalogram (EEG) is a safe and pain-free test which records the electrical activity of the brain. The brain waves are typically recorded for 30-40 minutes depending upon the cooperation of the child. The EEG is recorded on a computer and interpreted by a neurologist. If your child's study is abnormal, additional digital analysis will be performed and a separate bill will be submitted to your insurance for this analysis.

The EEG test is about 1 to 1½ hours long.

Instructions for Parents and/or Guardians:

- Please arrive at the office on time for your child's appointment.
- Wash your child's hair the night before the test, but do not use any oil, gel or hairspray. Let us know if your child has hair extensions. Please do not braid or pull up long hair.
- If your child has hair lice, please reschedule your appointment as health precautions prevent us from carrying out an EEG on a child with lice.
- Give your child his/her medications as usual, unless your doctor tells you otherwise.
- If you were given special instructions about waking your child up early or changing his/her sleep schedule on the day of the EEG, **please follow these instructions**.
- Your child should not have any drinks that contain caffeine on the day of the test. These drinks include soda, tea and chocolate.
- If your child still takes naps, please schedule the EEG appointment around the nap time.
- Please do not allow your child to sleep on the way to the office. The test will be more useful if it records drowsiness and/or sleep.
- Eat 2 hours before the EEG. Eat a regular meal, or at least a snack, as your child will not be able to eat during the recording.
- Please bring your child's favorite book, DVD player with his/her favorite movie, stuffed animal, blanket and an extra bottle to help comfort him/her during the installation process.

Please follow these instructions to assure that your child is properly prepared for the EEG.

A Parent's or Guardian's Role During Test

We welcome your help and support during this test. Therefore, one parent or guardian is invited to stay with your child in the room during the EEG. Other adults and children must stay in the waiting area.

The role of a parent and guardian during the EEG recording is to help your child stay calm and relaxed.

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During the EEG Test

- Your child will be asked to sit on a reclining chair or your lap.
- The EEG technician will be in the room and will explain the test to you and your child.
- The technician will measure your child's head and make small marks on the scalp with a **washable marker**.
- Each marked area will be rubbed gently with a gritty lotion that helps the electrodes work better.
- The technician will apply 24 electrodes on the scalp and 2 on your child's chest.
- According to your child's level of cooperation, the head can be wrapped to secure the electrodes.
- After all electrodes are in place, the test will begin.
- During the test, your child should remain **as still as possible**.
- At times, your child may be asked to breathe fast, look at flashing lights and try to sleep.
- At the end of recording, the electrodes will be removed from your child's scalp and the paste will be washed off with warm water. If the paste does not come off at first, you may need to wash your child's hair at home with regular shampoo.

All cell phones must be turned off while in the EEG laboratory.