



Electroencephalogram (EEG)

Your doctor wants you to get an EEG test at Phoenix Children's. This is a test that measures the activity in a person's brain while they are awake and asleep and then sends the information to a computer. EEG stands for electroencephalogram.



Don't worry – the EEG records your brain activity, but it cannot tell what you are thinking!

When you arrive at Phoenix Children's, your grownup will check in with a staff member at the desk in the waiting room. You can find a comfy spot to sit and wait for your turn.



Some kids like to bring something from home to play with while they wait.
What will you bring?

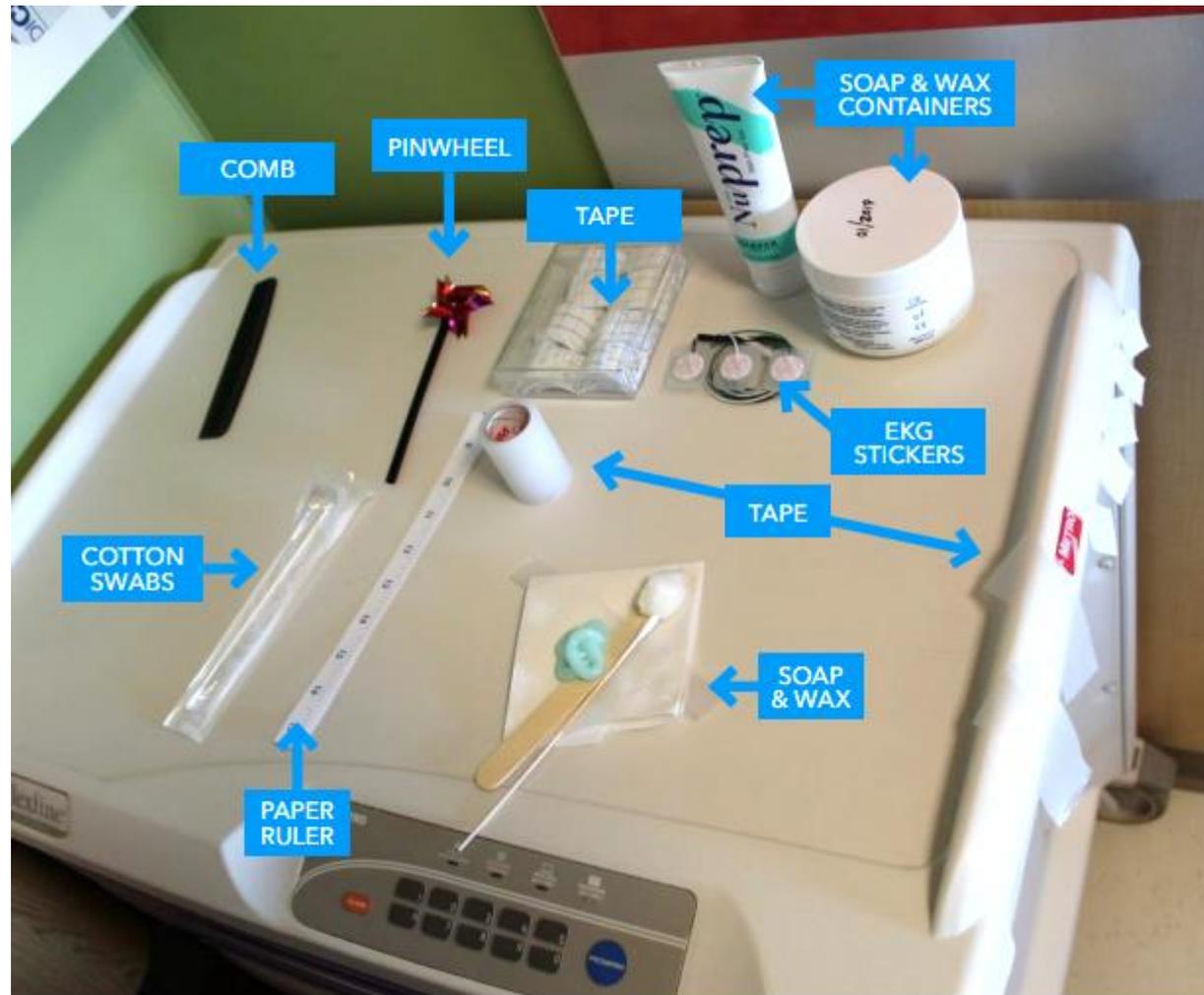
When it is your turn, an EEG tech will call your name and bring you and your grownup to the part of the building where we do EEG tests. This space is a quiet zone, so it is important to use a soft, inside voice while you are in the EEG area.



This is what the room where you will do your EEG test may look like. There will be a bed, chair, and TV. Your grownup can stay with you the whole time.



Nothing about getting an EEG hurts, but there are lots of supplies. These are some of the things the tech will use to do your EEG test.

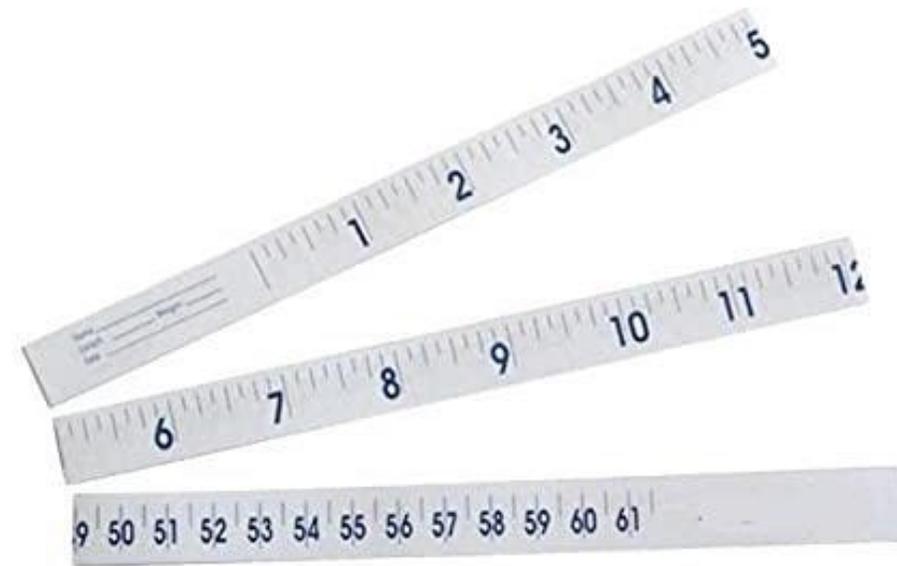


To measure your brain activity, small metal buttons – called electrodes – will be placed on your head using special soap and sticky wax. The EEG tech will put these on while you lay on the bed. Your job is to lay still, but you can watch TV, play with toys, or play on a tablet or phone while the EEG tech puts on your electrodes.



What will you do while the EEG tech puts on your electrodes?

The first thing the EEG tech will do is measure your head with a long, thin strip of paper that has numbers on it.



The EEG tech will clean each spot on your head where an electrode will be put. They do this with a long cotton swab (q-tip) and light green soap. Some kids say the cleaning tickles a little!



The EEG tech will use sticky wax to put an electrode button on each spot that has been cleaned. Each electrode gets covered with a small, square piece of white tape.



After the tech finishes putting all the electrodes on your head, they will wrap a long strip of soft cotton gauze around your head to help hold the electrodes in place during your EEG test.



Two small stickers, called EKG leads, will be placed on your chest or back. These tell the doctors how your heart is beating while you are having your EEG test.



Your EEG tech may ask you to do certain things – like blow a pinwheel, play a game, repeat words, or look at a flashing light. This is so the doctors can see how your brain activity changes when your body does different types of things.



The tech will also ask you to sleep for a little while. It is important to relax as much as possible so the EEG can record your brain activity while you are sleeping. The tech will turn off the lights– you can choose whether you want your grownup to stay in the room while you take a little nap.



After you sleep for a few minutes, your EEG test will be done. The tech will take off the white gauze wrap, EKG stickers, and electrodes using warm water and a soft washcloth. You can help if you would like.



Many patients like to take a shower when they get home to get any extra soap and wax out of their hair.

You did it! The tech will send your EEG test results to your doctor.



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