

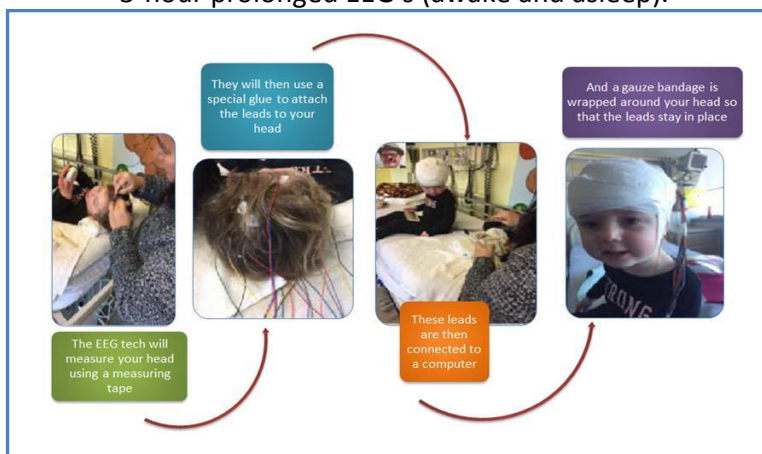
Please arrive 15-30 minutes prior to appointment time and register at B2-100 Patient Admitting & Registration.

What is a Paediatric Electroencephalogram (EEG) test?

- The EEG or Electroencephalogram (pronounced 'ee-lek-tro-en-seh-fah-lo-gram') is a harmless diagnostic test that picks up electrical impulses from the brain and records them in a series of wavy lines. This test is a primary diagnostic tool for epilepsy.
- The entire EEG is video recorded with sound to help with diagnosis.

What kinds of EEG tests are there?

- Routine EEG's (awake or asleep) which take around 25-30 minutes.
- 3-hour prolonged EEG's (awake and asleep).



How do we prepare?

- Please make sure your child has clean hair with no hairspray or gel.
- Please bring a bottle, blanket or comfort items for your child, but do not give them their bottle until after the test has started (we do not want them falling asleep prior to).
- No food is allowed as chewing interferes with the EEG.
- Your child will not feel anything during the recording but may need some distractions. We do offer programming and often find "Dora the Explorer, Thomas the Train" and other videos assist a great deal. Feel free to bring in your child's favorite DVD.
- Please bring a comb to tidy up your child's hair afterwards

EEG Instructions:

- **Capturing sleep is an important part of an EEG study as changes in brain activity may only appear in sleep.** In order to do so, it is important that your child takes a nap during the test for which, you will be asked to "sleep deprive" your child using the following recommendations:
- **For infants:** please wake your child 3 hours prior to the appointment.
- **For children less than 3 years of age:** Please put your child to bed 1 hour later the night before and awake one hour earlier on the day of the test.
- **For children older than 3 years of age:** Please put your child to bed 3 hours later than they normally go to bed and wake them up 3 hours earlier than they usually get up. We suggest no more than 4 hours of sleep prior to the EEG.
- Do not allow your child to fall asleep the day of the test until the EEG technologist states that it is ok.
- If they still cannot fall asleep **we recommend that you bring over the counter melatonin** with you which you can provide your child if needed. The parent or caregiver is to stay with the child throughout the entire test.
- We do not use any form of sedation for your child in our lab, if your physician suggests sedation please call our lab ahead of time to discuss this issue with the Technologist at (519) 663-3698.

Directions to Children's Hospital: Enter from Baseline and Wellington entrance: Lot is on the left side off of Baseline entrance – park in LOT #8 – Visitor parking garage. After parking, please take the parking garage elevators to the 2nd floor and follow the walkway to patient registration (B2-100) and register for the EEG. They will direct you to the EEG room from registration.

Questions? Call the Paediatric Neurology Office at: (519) 685-8332 or visit:
www.lhsc.on.ca/paediatric-epilepsy-program/electroencephalogram-eeeg