

Let's talk about...

Getting Ready for Your EEG: A Guide for Kids and Families

What is an EEG?

An EEG (electroencephalogram) is a safe test that records how your brain works. It helps doctors look for patterns that may be related to abnormal movements, seizures, or other brain conditions.

What Happens During an EEG?

1. You will sit or lie down in a comfortable chair or bed. This helps to keep the glue in place during the test.
2. An EEG Technologist will gently measure your head and use a washable marker to mark where the sensors will go.
3. Small sensors called electrodes will be placed on your head using a special paste and glue. The paste may feel cool and sticky, and the sensors may feel like small stickers on your head.
4. The sensors stay on top of your skin. They do **not** go inside your body.
5. You may feel a cool puff of air used to help dry the paste. It sounds like a hair dryer.
6. Once the sensors are in place, the technologist will wrap your hair carefully, like placing a hat on your head.
7. A computer or camera records information from the sensors. You will not feel the recording.



Comfort and Sensory Tips

Some children are sensitive to sounds, smells, or new sensations. Here are some things that may help:

- The paste may have a strong smell. Bringing a familiar scent from home, such as a favorite lotion or blanket, may be comforting.
- Earplugs may help reduce the sound of the air dryer.
- Bring comfort items such as a favorite stuffed animal, blanket, or toy.
- Hold a caregiver's hand, watch a favorite show, listen to music, or practice deep breathing.
- If you would like to see what is happening, ask for a mirror so you can see what the EEG Technologist is doing.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>

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Practice at Home

Practicing EEG play at home can help you understand what to expect and may make the test feel less scary.

Try using a doll or stuffed animal as the “patient.” You can also print and use the EEG practice template and supplies provided on the next page.

- Draw dots on the doll's head where the sensors will go.
- Use stickers to pretend they are EEG electrodes.
- Practice measuring the doll's head.
- Pretend to add paste and connect the wires.
- Talk through each step together as you play.

Extra Support

Some children benefit from extra support before and/or during an EEG. Ask your care team whether a Child Life Specialist is available. A Child Life Specialist can:

- Explain the EEG in a child-friendly way.
- Help children prepare using medical play.
- Teach coping and relaxation strategies.
- Provide support during the test.

After the EEG:

- The electrodes will be removed when the test is finished.
- Some paste or glue may remain in your hair.
- Your care team will explain the best way to wash it out at home.
- You can return to your usual activities unless your doctor gives different instructions.

Remember:

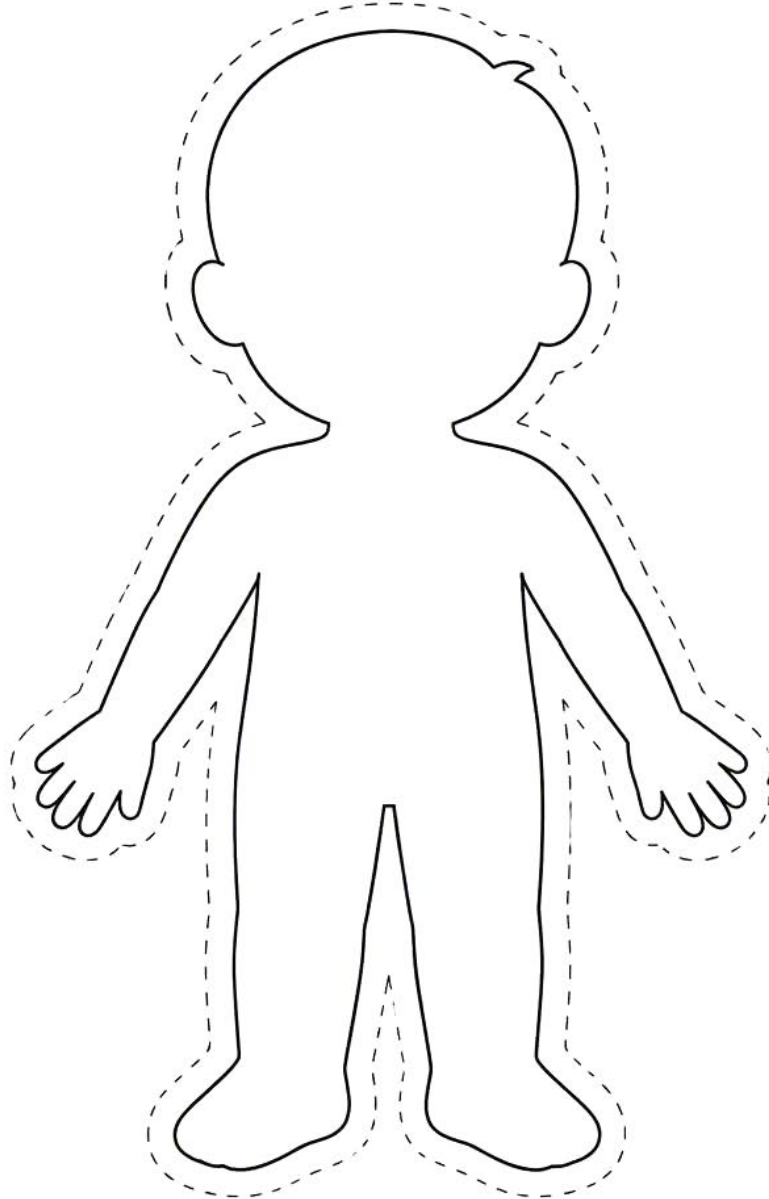
You are safe. The EEG does not hurt. Your care team will explain each step and help you feel as comfortable as possible throughout the test.

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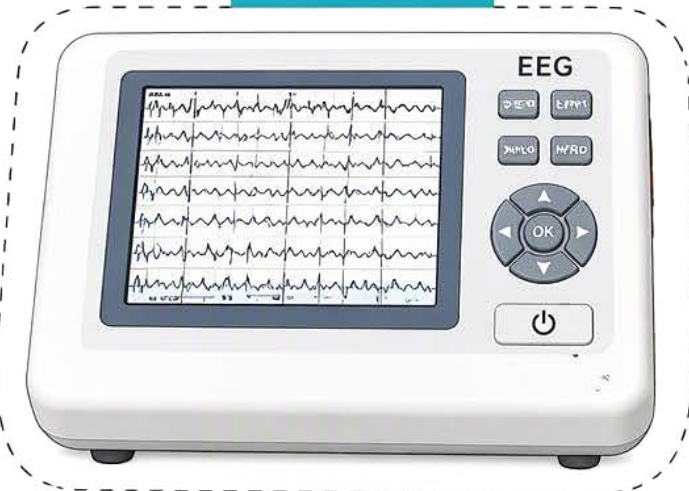
 Cut
along the
dashed lines

EEG Medical Play Set

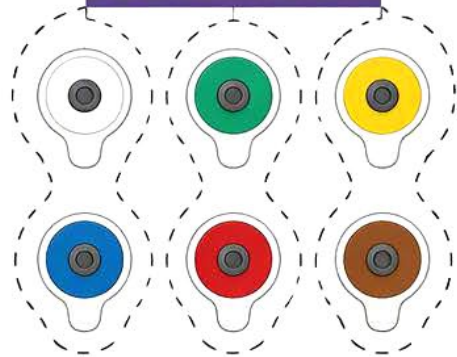
Cut out the pieces and use for pretend play!



EEG MACHINE



EEG ELECTRODES



MEASURING TAPE



EEG PASTE



HEAD WRAP / GAUZE



LEAD WIRES

