



## Getting Ready for your EEG in the clinic - Pediatrics

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### What to Expect

During an outpatient EEG, electrodes are pasted to the scalp. The electrodes have wires that attach to a special computer that detects electrical activity coming from brain. The patient will be asked to lie down or recline in a chair. A technician will ask the patient to breathe deeply, look at stimuli such as a flashing light or picture, or simply relax. The procedure is painless, and typically lasts between 30 and 60 minutes. The technician will remove the electrodes at the end.

### How to Prepare

- Children less than 2 years of age: wake the child up two hours earlier than usual in the morning and do not allow a nap the day of the EEG
- Children 2-6 years of age: keep the child up two hours later than usual and wake them at 6:00 AM; do not allow napping before the EEG
- Children 6 years or older: keep the child up until 11:00 PM -12:00 AM the night before the EEG; wake them at 5:00 AM - 6:00 AM the day of the test
- If your child takes a stimulant (medication used for attention deficit disorder such as methylphenidate or dexedrine), ask your physician if it should not be given on the day of the EEG. All other medications should be given as prescribed.
- On the day of the test, your child may eat normally but avoid food or drinks with caffeine such as hot chocolate, tea, or soda. If your child drinks from a bottle, please bring one with you.
- If you shampoo your child's hair before the study, use only shampoo without conditioner, oil, creams, or gels. Hair should be left loose, no beads or braids.

### Things to Bring

It is recommended that you bring blankets, stuffed animals, or other favorite toys that may help keep your child calm. If your infant is bottle-fed, be sure to bring a bottle. In addition, all patients getting an EEG should bring an updated list of medications, insurance information, and a list of questions they may have about the procedure.

### Results

A pediatric neurologist will explain the results of your EEG. They will typically need a few days to review the data. When your doctor explains results, it may be helpful to take notes or jot down questions to ensure understanding.