



The
CHILD NEUROLOGY GROUP
of Community Care Physicians

EEG Prep



Let's Get Ready!

★ We're here to help your child have a comfortable and successful EEG! ★

Basics Before the Appointment



Hair should be clean, dry, and free of products such as oils, gel, hairspray, or leave-in conditioners.

During the Test



- Your child will be asked to relax and sit as still as possible for about 40–60 minutes.
- Then small electrodes will be connected to wires that record brain activity. It is important that your child does not pull on or grab the wires/leads.
- Parents are asked to help remind their child to keep their hands away from their head and the wires during the test.
- Please bring comfort items, favorite toys, books, or a tablet with a show to help keep your child occupied.
- If able, your child will be asked to close their eyes for parts of the test.

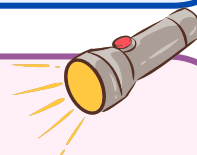


Bring something
you love!

Toys, books,
tablets, and more!



Special Parts of the Test



Breathing Test (Hyperventilation)

Your child will be encouraged to blow on a pinwheel or breathe quickly for about 3 minutes. The technician will help and encourage them.

Flashing Light Test (Photic Stimulation)

Your child will look at a safe flashing light that changes speed several times during the test.

Children Who May Have Difficulty During Testing

- **Talk with your child about the EEG before the appointment.** Watching our EEG videos and using our coloring pages together can help your child know what to expect.
- **Practice at home.** It may help to have teachers or caregivers gently practice touching or playing with your child's hair before the test.
- **Some children are sensitive** about having their heads touched. Our technicians work quickly and use songs, stories, and games to help children feel comfortable.
- **Bring two adults if your child may have trouble sitting still.** In some cases, a child may need to be wrapped in a blanket so a parent can safely help them remain still during the test.
- **Please do not bring additional children to the appointment.**
- **Ask us for extra time if needed** for your child to get comfortable with the environment or technician before testing begins. We're happy to accommodate this request.

