



EEG: What Parents Can Expect

An EEG (electroencephalogram) is a safe, painless test that records your child's brain activity. It helps our team understand and care for your child.

ROUTINE EEG



BEFORE THE TEST

- Wash, thoroughly dry, and brush your child's hair the night before or morning of the test.
- Avoid oils, gels, hairspray, and leave-in conditioners.
- Continue medications unless instructed otherwise.
- Do not skip meals or medication.



SLEEP DEPRIVED EEG (IF ORDERED)

You will be notified if the doctor wants a sleep deprived EEG.

- Only 4 hours of sleep at night, to promote sleep during the EEG.
- Avoid napping on the car ride to the appointment.



DURING THE TEST

- Head is measured, small sensors (electrodes) are placed on the scalp with paste, and the head is wrapped in gauze.
- Setup takes 30-60 minutes.
- Your child may be asked to relax, open/close eyes, take deep breaths, look at lights, or sleep.
- During the test: No chewing gum.



AFTER THE TEST

- Electrodes are removed.
- Paste washes out with shampoo.
- Your child can return to normal activities.



EEGs are safe, non-invasive, and do not send electricity into the brain.



AMBULATORY EEG



WHAT IS IT?

An ambulatory EEG records your child's brain activity over 24-72 hours during daily life at home or on the go.



DURING SETUP

- Electrodes are placed on the scalp and connected to a small, portable recorder.
- The device to record brain waves is placed in a backpack to be worn at home.
- A video camera is sent home to record movements the doctor can compare to the brain waves. Sound is not recorded.
- The camera can be disconnected for privacy while changing or using the bathroom.



DURING THE RECORDING

24-72 Hour EEG applied in office and worn at home.

- Indoor activities only.
- Avoid sweating, strenuous activity, and rough play.
- Keep the equipment dry. No bathing, swimming, or showering.
- Do not use electronic devices while charging (phones, games, computers).
- No chewing gum.
- Keep a diary of symptoms, events, medications, and sleep times.



AFTER THE RECORDING

- Results will be shared with you and the referring provider within ten days.

♥ WE'RE HERE TO SUPPORT YOUR FAMILY ♥



COMPASSIONATE CARE

We treat your child like our own - with kindness, patience and respect.



SENSORY-FRIENDLY ENVIRONMENT

We provide a calm, quiet space to help your child feel safe and comfortable.



FAMILY-CENTERED APPROACH

We partner with you and keep you informed every step of the way.



QUESTIONS?

We're here to listen. Please reach out anytime - we're happy to help!



SUPPORTING GROWING MINDS

Our goal is to help your child thrive today and in the future.



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