

Your EEG test

To learn more, search *EEG* on bcchildrens.ca

EEG stands for electroencephalogram. An EEG is a medical test that records the brain's electrical activity.

This activity can be called brainwaves or patterns.

You need to be tired for an EEG. Going to bed later the night before and waking up earlier on the day of the test will help you fall asleep during the EEG.

Sleep is a very important part of the test.

Sleep Deprivation Instructions

Age	Go to bed	Wake Up	Total Sleep
Under 1 year	Normally	Stay awake 3 hours before the test	3 hours less than normal
1-3 years	2 hours later	2 hours earlier	4 hours less than normal
Older than 3 years	Midnight (12 AM)	5 AM	5 hours less than normal

Your hair needs to be clean and dry (no gel, oil or hairspray).

Unless your doctor has told you otherwise, you can take your normal medications as usual.

When you arrive at BC Children's Hospital, please come to the Neurophysiology Clinic. It is near Entrance 17.

Please check in with a clerk. They will ask for your BC Services Card.

Then, you can relax in the waiting area.



When it is time for your test, an EEG Technologist will get you and your grown-up.

The EEG Technologist is often called a tech.



The tech will bring you and your grown-up to a room. The room might look like this. Each room looks a little different.



The tech will ask your grown-up what medicines you take. They will also ask questions to help them do the test in the best way for you.



First, you will lay on your back. Remember to lay still and relax. It is important for you to cooperate and be patient.



You can bring books or toys with you to the test.



Sometimes, the doctor orders medicine to help you relax and fall asleep during the test.

If your doctor ordered this medicine for you, a nurse will phone your grown-up. Your grown-up will know about the medicine before your test day.

The tech will measure your head and use a washable crayon to make marks on your skin. The marks are where they will put the electrodes.

Electrodes are metal discs attached to wires. They will feel electrical activity in your brain.



The tech may ask you to move your head from side to side, to check that the marks are in the right places.



You might get upset during parts of the test, this is normal, because you will be very tired.

The EEG is not painful, and the tech will work with you and your grown up to find the best way to do the test.

Next, the tech will clean each mark with soap. This helps the electrodes work well.



Then, they will put on the electrodes. They use a sticky paste to make sure the electrodes stay in place. This may feel cold, but it will not hurt.

You still need to lay still for this part.

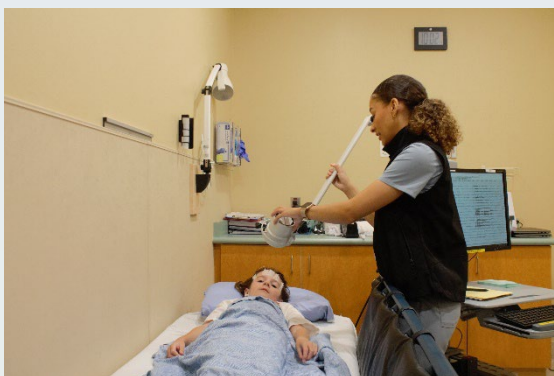


The tech may put tape, a bandage or a stretchy hat over the electrodes.

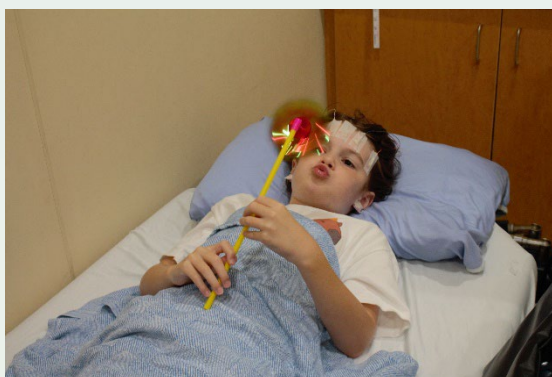


During the EEG, your tech may ask you to do some exercises.

The tech may turn on a bright, flashing light. You will keep your eyes closed when the light is flashing.



You may also do some deep breathing exercises with a pinwheel.



Now it is time for the most important part of the EEG – sleep.

The tech will give you a blanket and turn off the lights. They will stay in the room with you and your grown-up in case you need anything.



If your grown-up holds you while you sleep, the tech will show them how.



Your test is done. The tech will take off the electrodes and rinse the paste out of your hair with warm water and dry it with a fluffy towel.

It is time to go home. You can wash your hair with shampoo at home if there is still some paste left.

Your doctor will contact your grown-up to tell them the results.



Questions?

Please call us at 604-875-2124

Monday – Friday, 7am – 4pm