

Common concerns

Your child will not feel anything other than their scalp and hair being touched during setup. The paste is easy to wash out of the hair after the test is completed and there are no side effects.

An EEG is not harmful, there are no x-rays, or injections and it cannot read your thoughts. All EEG recordings and relevant portions of video are saved and kept in a secure place in the EEG department.

Where do I go and how long will it take?

The EEG department is located on the 8th floor of the main building of The Royal Children's Hospital. The test usually takes an hour, but sometimes it may take longer, especially if a sleep recording is needed.

When will I receive the results?

The EEG technologist cannot tell you the results, and secretarial staff will not provide results over the phone.

You must make arrangements with your doctor for receiving the result. Please allow at least one week. In urgent situations, your doctor may obtain a preliminary report by calling one of the neurologists.

Car parking

We recommend arriving early for the appointment as finding a car park can be difficult. The Hospital is easily accessed using public transport.

What if I am unable to keep the appointment?

There is a waiting list for EEG testing and we do not like to waste an appointment.

If you are unable to attend, please phone the EEG department on **9345 5661**, so that we are able to offer your child's place to someone else.

Checklist

1. Wash your child's hair the night before
2. Bring your Medicare card and the EEG request card or referral letter if it has not already been sent
3. Arrange child minding for other children as they cannot be present during the EEG
4. If sleep recording is required, follow the instructions provided and do not let your child sleep on the way to the EEG.

Privacy statement

The Royal Children's Hospital privacy statement is available at:

www.childrenepilepsy.org.au
through the Links menu bar
or from the reception desk at the
Children's Neuroscience Centre.

Children's Neuroscience Centre

Clinical Neurophysiology (EEG)
The Royal Children's Hospital
Telephone 9345 5661

Electroencephalography

EEG

Children's Neuroscience Centre



ERC 091148 June 2010

What is an EEG?

An electroencephalogram (EEG) is a safe and pain-free test which records the electrical activity of the brain. This is recorded on a computer and interpreted by a neurologist.

What happens during an EEG?

Before testing, the EEG technologist will ask a few questions about your child even though you may have given this information to your doctor.

Your child will either sit in a reclining chair or be nursed by you. After explaining the procedure, the technologist will measure your child's head and mark the scalp with a soft pencil where electrodes will be placed. The technologist will clean these areas lightly with a cotton bud before placing the electrodes (usually 23 small metal discs) on the scalp, keeping them in place with a sticky paste (not glue) and some light tape. After the electrodes have been placed, your child needs only to remain reasonably still whilst the technologist sits at the computer watching the screen. A video is recorded in case an event occurs, enabling the neurologist to have an accurate visual record in conjunction with the EEG recording. If no typical events are recorded, the video is deleted.

Children old enough to cooperate will be asked to open and close their eyes during the recording. Later they will be asked to hyperventilate (do some deep breathing). The last part of the EEG test involves your child being asked to look at a controlled flashing light.

Requirements for an EEG

We need your child to have clean, dry hair with no extra products such as oil or gel. If your child has hair lice, please make a new appointment as health



precautions prevent us from carrying out an EEG on a child with lice. Recent chicken pox must be completely healed in order for the EEG to be carried out.

Ideally, we need your child to be fairly still during the recording. Toddlers may not enjoy the experience, much like a hair cut or hair wash. The EEG technologist is experienced in helping children to relax. Distractions such as toys and DVDs are provided. Younger children may

need dummies, bottles and other comforters which you will need to bring with you.

If your child has special needs or you think she/he may not be able to cooperate with the procedure, please do not hesitate to contact the EEG staff to discuss your concerns, and the best course of action.

If your child has episodes during specific situations, such as during sleep, please speak to your doctor or the EEG staff about the implications for the EEG recording, as it may be possible to provoke these episodes.

What about sleep?

It is often desirable to record sleep during the EEG. Sometimes doctors will specifically request that a child sleeps as part of the recording. This can be achieved in a number of ways, depending on the age of your child, typically with prior sleep deprivation. Sedation is not used.

If your child is young and still having morning or afternoon naps, please postpone the nap for the EEG. If your child is older and has been asked to be sleep deprived, please follow the instructions provided when the appointment was made.

Please do not let your child sleep on the journey to the EEG.

Can I stay with my child?

You are welcome to stay in the recording room during the EEG unless you feel that your child will be more comfortable without you. It is important to arrange for another adult to look after any other children while the recording is being done as they will have to wait outside. There are no child minding facilities in the hospital.