



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Information about your Child's EEG appointment (Electro-Encephalography)

Information for patients, relatives and carers

① For more information, please contact:

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Department of Neurosciences

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Contents	Page
What is an EEG?	2
How do I prepare for the test?	3
What do I need to bring with me?	3
What happens during the EEG?	4
What are the benefits of the deep breathing exercise? ..	5
What are the benefits of photic stimulation?	5
Are there any risks connected to photic stimulation?	5
How long will the appointment last?.....	5
What happens once the recording is finished?	6
What do I do if I cannot attend for my appointment?.....	6

What is an EEG?

An EEG (Electro-encephalography) is a recording of the electrical activity of the brain in the form of a graph. It is not painful and there are no after effects.

An EEG gives accurate information on the brain wave activity at the time of recording. This gives your doctor important information to help in making a diagnosis and for advising on any treatment you may require. There are a number of alternative EEGs available such as sleep deprived EEG and ambulatory EEG. Each has its advantages and disadvantages and in your child's case, a doctor considers an EEG to be the investigation of choice in the first instance. If you have any questions about this decision then please contact the doctor who referred you for the EEG.

How do I prepare for the test?

1. You should allow your child to eat and drink as normal.
2. Their hair needs to be clean. Do not apply any hair products, for example gel, spray or mousse.
3. There is no need for your child to stop taking any medication unless they have been told to do so by their doctor.
4. Any accompanying children must be supervised by another adult in the waiting area.

What do I need to bring with me?

Please bring a list of all the medications your child is taking.

If they are having seizures or episodes, please bring a description of what happens to them and the dates of the most recent ones.

It would also be helpful if you could try and record your child's episodes on video or a mobile phone and bring a copy of this with you when you attend.

What happens during the EEG?

Parent/guardians are invited to accompany their child during the whole procedure.

The EEG involves attaching 25 small discs to the scalp using a special paste. Once this has been done they are asked to sit quietly whilst the recording is undertaken, for approximately 20 - 30 minutes.

During the recording, they may be asked to open and close their eyes, undertake a deep breathing exercise, (by blowing a toy windmill) and maybe shown a flashing light. This is called photic stimulation.

In the case of young children the setting up procedure will be the same as above. If they are too young to sit still, then they will be allowed to sit on your knee and play quietly with toys.

The equipment we use to record your child's EEG also takes a video of them at the same time.

It is a good idea to bring with you your child's favourite toy, book or small electronic hand held game and anything else that may settle them for example feeds, juice, dummies, or snacks.

What are the benefits of the deep breathing exercise?

Deep breathing may produce changes in the brain wave activity that could help in their diagnosis.

During the deep breathing some children may experience a light headed feeling which soon passes when they start to breath normally again.

What are the benefits of photic stimulation?

This is an important part of the test for children whose seizures or blackouts may be caused by flashing lights. It could help in their diagnosis.

Are there any risks connected to photic stimulation?

This may, very rarely, cause a seizure in children that are sensitive to flashing lights.

How long will the appointment last?

The appointment will last up to 1 hour in total.

What happens once the recording is finished?

When the recording is finished, the discs will be removed and small traces of paste may be left in your child's hair. This will wash out with shampoo.

The EEG recording will be reviewed and a report will be sent to your Consultant or GP.

What do I do if I cannot attend for my appointment?

If you are unable to attend for this appointment please let us know as soon as possible so that we can offer it to another patient.

Please telephone us on **01904 725665** between 8.30am and 4pm Monday to Friday.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Joanne Horrocks, Department of Clinical Neurophysiology, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725667.

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PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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