

# Care Gram

## Electroencephalogram (EEG) – Child

(Age 5 and Older)

### Name of Test:

- Sleep-deprived EEG       Routine EEG

**Date of Test:** \_\_\_\_\_ **Test Time:**  9:00 a.m.  10:30 a.m.  1:00 p.m.

### How the Test Works

An Electroencephalogram (EEG) tests the health and function of your brain. It records the electrical activity in the brain and nervous system. This can be seen on a computer screen and stored in a computer file. The test is performed by a technologist. The test is read by a specialty-trained doctor called a neurologist. An EEG is a safe, easy, and painless test.

An EEG can help find out the cause of many problems such as:

- Epilepsy (seizure disorder)
- Brain injury
- Stroke
- Sleep disorders
- Brain death
- Cerebral palsy
- Drug overdose
- Diabetes
- Liver and kidney disease
- Encephalitis (infection in the brain)

An EEG also can show the effects of certain medications.

### Allowing Time

The test usually takes 1 to 2 hours to complete, depending on the child.

### Preparation

- Have your child eat regular meals on the day of the test **except:**
  - Food or drinks with large amounts of sugar
  - Food or drinks with caffeine (tea, coffee, soda, or chocolate)
- Wash and dry your child's hair completely before the test. Do not use conditioners, gels, oils, or sprays.
- Have your child continue taking his/her regular medications. Be sure the doctor knows which medications your child is taking.
- Bring a favorite blanket or toy for your child.

### Routine EEG:

- Let your child sleep all night. Bring your child to the Hospital 15 minutes before the scheduled time.



**Licking Memorial  
Health Systems**

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1616-0566  
05/10/2017  
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**Sleep-deprived EEG:**

- You may be asked to keep your child awake most of the night.
- A school-age child should be up from midnight until the test. A younger child should go to bed later than normal and get up at 6:00 a.m.
- The test will be scheduled for 9:00 a.m.
- Do not let your child fall asleep in the car on the way to the Hospital.
- The child should be relaxed enough to sleep and take a nap during the EEG.

**Registration**

Report directly to the testing area, located in the Women's Imaging Center. The Women's Imaging Center is located on the first floor of Licking Memorial Hospital past the main lobby. Follow the first hallway on your right. The Women's Imaging Center will be on your left.

Report to this area 15 minutes before the scheduled test.

**During an EEG**

Your child must stay relaxed, quiet, and still during the EEG. This will make a good EEG test.

- First, you will be asked about your child's medical history, recent symptoms or problems, and medications.
- The test is done lying down or reclining.
- The technologist will measure your child's head and make small marks. The marks are washable.
- Electrodes (small metal discs) are placed on the head with paste. These electrodes sense the electrical activity in the brain.
- Cables are attached to the electrodes and go to the EEG machine.
- The electrical activity shows on a computer screen as a wave pattern. This is recorded for the doctor to review.
- Your child may be asked to breathe fast and deep for a few minutes during the test.
- A flashing light will be placed in front of their closed eyes. The child may see different colors or patterns. This will only last a few minutes.
- The more relaxed the child is, the more accurate the test will be.

**After the Test**

The electrodes and paste are removed and your child's head is cleaned. You may wash your child's hair when you get home.

**Finding Out the Results**

The test is reviewed by the neurologist. The results should be ready in 3 days. You will find out the results from the doctor who ordered the test. Please call your doctor's office if you have not received the results in 1 week.

**Appointment Reminder**

- If you have any questions about the test, please call (220) 564-4141. Ask for an EEG technologist.
- Report to the Women's Imaging Center on the 1st floor of the Hospital 15 minutes before your test.