



## Patient Resource Sheet

# EEG

Electroencephalogram



### What is it?

An electroencephalogram (EEG) is a test used to check your brain activity. Through an EEG, doctors can look for unusual patterns that show seizures, sleep problem and changes in behaviour. This test can take between 1 – 9 hours.

### What happens during the procedure?

1

You will lie or sit down on a soft bed or chair.

2

The technologist will measure your head and make small marks with a soft pencil.

3

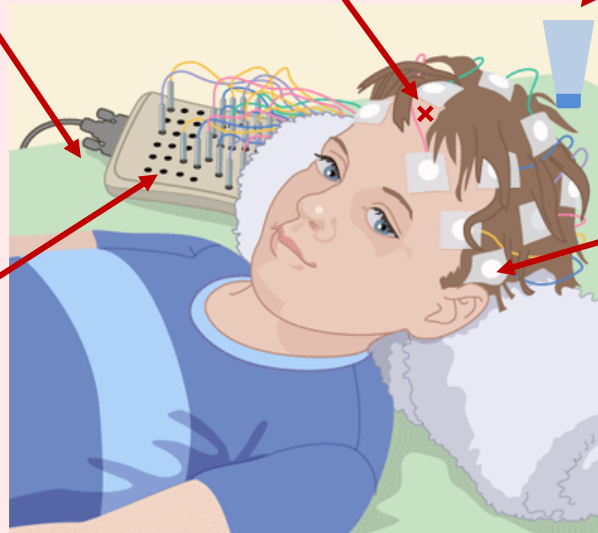
Cream will be put on the electrodes (small buttons with wires) so that it will help them to stay in place.

4

The small buttons will be gently placed over the small marks and a piece of tape will be placed over the buttons.

5

The small buttons will be fixed to the machine and the test will start.



Watch this!

[Getting an EEG](#)

### What should I do before or during the EEG?

1. **Don't put any oil, gel, spray or lotion in your hair:** This will help the small buttons to stick better.
2. **Stay really still!** : If you move, the pictures may be blurred and you may have to stay longer to take clearer pictures.
3. **Get some sleep:** If you are able to sleep during the test, the technologist can see the brain patterns more clearly.

If you  
want to learn more,  
ask your doctor/nurse to  
give the Child Life Therapist  
a call when you are staying  
in the hospital!

#### Resources:

<http://kidshealth.org/parent/general/sick/eeg.html>