

# What to Expect When Having an EEG at UVA Medical Center

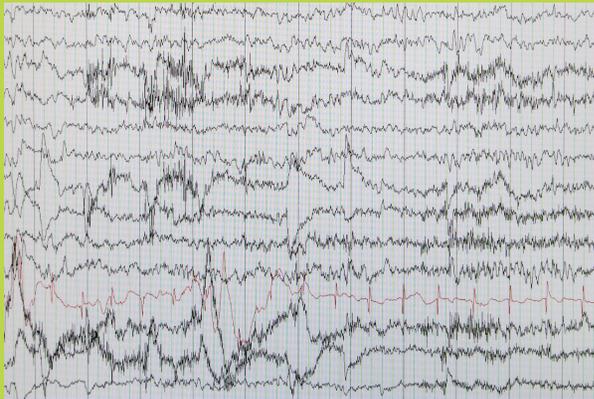
Follow along as Emma  
comes to UVA for her EEG.



*Healthier  
EverAfter.*



# You will be having a test called an EEG.



*An EEG is a recording of your brain's electrical activity using electrodes.*

Many children come to UVA to have this test.

EEG is short for electroencephalogram.

Electrodes are small metal cups attached to a wire that will test your brain's electrical function.



**1** Emma stops at the Information Desk in the Primary Care Center, and they will direct her to registration. Once all of the papers are filled out, she will go downstairs, check in and wait in the waiting area.



**2** Emma stops to use the bathroom before her EEG.



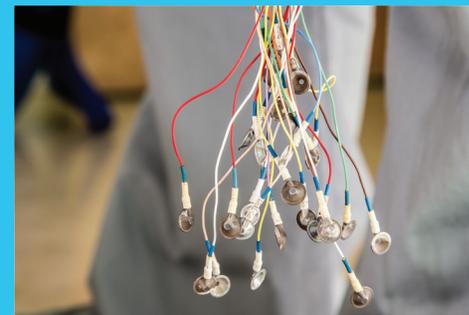
**3** An EEG tech will come out to meet Emma. The tech is the person who will stay with Emma and help with the test. They will ask Emma lots of questions.



**4** In the EEG room there is a bed, a computer, a tray with little cups, the electrodes, a TV and a chair for Emma's mom. The tech lets Emma touch and feel many of the things in the room before the test.



**5** The EEG tech will help Emma get ready for her test. She watches cartoons and plays with toys while she waits. Emma can ask questions and see what the tech is doing by using a mirror.



**6** Electrodes are small metal cups with thin, colored wires. The metal cups are placed on Emma's head using a sticky goo. Emma thinks the goo smells funny and feels cold.



# Placing Emma's Electrodes



- 7 The tech will measure Emma's head with a measuring tape and mark the spots where the electrodes will be placed with a special red crayon.



- 8 Each electrode spot needs to be really clean. The tech will help wash each spot with green soap.



- 9 Each electrode needs a dot of goo and a piece of gauze to hold it in place. These feel a little cold and smell funny to Emma.



- 10 To help the goo dry, the tech blows air on Emma's head. This may be really noisy.



- 11** Emma has two more electrode stickers on her chest. These electrodes watch and track Emma's heartbeat.



**Emma is ready for her test and the tech will ask her to do a few things:**



- 12**
- Close her eyes for part of the test
  - Watch a bright light go on and off
  - Take deep breaths and blow a pinwheel
  - Answer some easy questions
  - Try to fall asleep



## Emma's visit to the EEG lab is finished.



**13** When the test is done, Emma is finished in the EEG lab.

The tech takes Emma's electrodes off with special remover.

After the tech talks to Emma and her mom, she can go home.

Emma will need to take a shower or bath at home to get all of the goo out of her hair.



## Emma had a great visit at UVA and we hope you do, too.



If you have additional questions about your visit please call **434.924.2511**.

Please see the next few pages for helpful tips for grown-ups.



# For Grown-Ups

**These tips were written for patients of all ages and follow Emma's experience at UVA. Some sections may not apply to your child, and their experience may vary from these tips.**

Please read and share what you think is best. You are the expert in what your child can handle.

We encourage you to be a part of the EEG process. Only one adult can be in the EEG room while your child is having their test. All others can wait in the waiting area.

We recommend leaving siblings and young children at home. We want the best possible test with the least number of distractions.

If you have any questions, please call 434.924.2511.



## Instructions for everyone getting an EEG:

For questions or to change appointments, call the EEG Laboratory 434.924.2511.

Shampoo your child's hair the night before your EEG. Do not put any spray, lotion or oil in your child's hair. Please remove any hair pieces prior to the test.

Your child may eat, drink and take prescribed medications as usual, unless told not to.

Bring the child's favorite toy, blanket, tablet or comfort item.

If the child is very young and is unable to hold still for the placement of the electrodes, it may be necessary to swaddle the child for the test.



**Please do not allow your child to fall asleep on the way to the EEG Laboratory.**

The test is most useful if it contains drowsiness and sleep.

Please arrive at the EEG Laboratory 30 minutes before your child's scheduled appointment.

If you wish for your child to see a Child Life Specialist before the test, please call 434.243.3093.

A Child Life Specialist is trained to educate and prepare your child for their test on a level that meets the child's individual need.



**If your physician instructs your child to have a sleep-deprived EEG, please follow the instructions below:**

For sleep deprivation studies in children, please put the child to bed at their usual bedtime. Please wake your child up following the chart below:

Under 3 years old:	Awaken at 4 a.m.
3-11 years:	Awaken at 2 a.m.
12 and older:	Awaken at midnight
Adults:	Do not go to sleep

Do not use caffeine or any other stimulants to keep your child awake.

**Please do not allow your child to go to sleep in the car or while awaiting the EEG.**

Please call the EEG Laboratory with any questions. We look forward to seeing you.

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