

## EEG measures electrical waves in brain.

- EEG is a safe and painless test.
- We do not use needles.
- EEG test takes about 1 to 1.5 hours.



EEG does not hurt.  
Tape holds electrodes in place.  
We use many tiny electrodes.  
We fill each one with a white cream.

## What to do before EEG:

### ☐ Check with your insurance company

Call your insurance before appointment.  
Find out how much coverage you have for the EEG.

### ☐ Be sure to bring:

1. Proof of insurance, CIDC, or Medicaid.
2. Comfort item for child such as favorite blanket or stuffed animal.

### ☐ Call as soon as possible: (682) 885-2500

1. Please call if your child is ill or you cannot make your appointment. We can reschedule and use this time for another patient.
2. Please call us if your child has: head lice, fever, skin rash.

### ☐ Arrive 30 minutes before appointment.

1. Please do not bring your other children unless another adult can watch them in the waiting room.
2. Check in at “**Registration**” on first floor of Dodson Specialty Building, before going to your appointment.

### ☐ Parking

Parking is free if you are bringing a patient to our clinic. You can self-park in the garage or use our valet services:

- Valet parking: West side of Dodson Specialty Building (in the back by parking lot).
- Valet services are available for oversized cars and trucks that cannot park in the garage.
- 7<sup>th</sup> Avenue Garage:  
This garage is on the corner of 7th Avenue and Pruitt Street.

## Please help us get best EEG

1. Only 2 people may go to EEG room with child.
2. Sometimes children try to remove electrodes. We may need a parent to help hold a child still.

## Getting child ready for the EEG:

### 1. Keep taking same medicines

- Give all the same medicines unless your doctor tells you not to.
- Do *not* give any medicine to make your child sleepy.

### 2. Wash hair before the EEG

Do not use any conditioners, gels, sprays, or oils on your child’s hair.

### 3. Eating and drinking

Night before and the morning of the test:

- Do *not* give any food or fluids with caffeine (coffee, tea, sodas, chocolate).
- Your child may eat before the test.
- Please bring your child’s bottle, sippy cup, pacifier, etc.

### 4. Make sure your child will be sleepy before the EEG

1. Brain wave patterns are different when you are awake and asleep.
2. We record EEG both ways.
3. It is important to be naturally sleepy before EEG.

**Sleep guidelines**  
For your child's age:

**Newborn to 2 months**

- Usually do not need to change a child's sleep pattern at this age.
- Newborns will sleep most of the time.
- Often settle down with a bottle.

**3 months to 12 months**

- Keep awake 2 to 3 hours before test.
- No afternoon naps.

**13 months to 2 years**

- Keep awake 4 to 5 hours before test.
- No afternoon naps.

**3 years to 15 years**

- Keep awake 2 hours past regular bedtime evening before test.
- Wake up at 4:00 am and keep awake until time of test.

**Over 15 years of age**

- Keep teenagers awake all night.

**Special Instructions**

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**Neurosciences and Child Life**

Child Life Specialists know how to explain things to children in simple ways they can understand.

**Please call us if:**

1. We can help your child learn more about EEG.
2. You feel your child may need extra support during the EEG.
3. Sometimes children with autism or other sensory challenges have special learning needs and may need additional help.
4. Also, call us if you have ideas on how we can best help your child. There is no charge for these services.

**Child Life Specialist:**

**Kat Davitt**

**682-885-5872**

[kat.davitt@cookchildrens.org](mailto:kat.davitt@cookchildrens.org)

**Questions?**

If you have any questions or concerns, call us at **682-885-2500**.

**Please visit our website:** To learn more about our Epilepsy program and download information on seizures.

[www.cookchildrens.org/neuro](http://www.cookchildrens.org/neuro)



These instructions are only general guidelines. Your doctor may give you special instructions. If you have questions or concerns, please call your doctor.