

EEG Test for Children

What is an EEG? An EEG, or electroencephalogram, is a recording of the naturally occurring electrical activity of the brain. It is also recorded on a digital video. The test takes 60 to 90 minutes.

What should we do before we come?

- Your child's hair should be freshly washed, dried, and free from all hair products such as gel, oils or hair spray. Bring a comb if you like.
- Please **do not stop** any prescribed medication unless you have been specifically told to do so.
- Meals should be taken as usual; please make sure your child does **not** arrive hungry. Avoid giving stimulant drinks such as cola.
- If you like, your child can bring a hat to wear home afterwards.

What happens during the test? Your child's head is measured and may be marked with small crayon crosses. About 22 wires are applied to the scalp using water-soluble paste; there is only a little gentle rubbing. The heart beat may be recorded using leads on the neck or arms. Then, a computer records brainwave activity for about 20 minutes. There is nothing to feel. We may ask your child to open and close their eyes. With your consent we may ask your child to breathe deeply for several minutes and we may show a flashing light.

Afterwards, we remove the wires, wipe off any paste and you can tidy your child's hair. The head may be slightly sticky but any paste residue washes out easily. Some children like to wear a hat afterwards.

How do you manage with babies and toddlers? The test is adapted to suit the age of the child, so a baby can be cuddled on its mother's lap and can have a feed. Toddlers can sit on an adult's lap and play quietly. Older children lie down on a couch. The more the child relaxes the clearer the recording.

We have toys, story books, story tapes and a DVD player available for younger children; please bring your own DVD if you like. An extra adult is usually welcome; to help amuse and distract a small child, but other children should not be brought into the clinic room.

Why do you record a video? Digital video is recorded for technical reasons to aid interpretation. Only sections that aid interpretation are kept. You will be asked for your consent for us to record the video.

Why are deep breathing and flashing lights used? The breathing exercise and flashing lights may add extra diagnostic information for some children.

Why do you need consent? Written consent confirms your agreement to the deep breathing and flashing lights because of the very small risk of triggering a seizure in some people. Although the risk is very low it may have implications for older children who might apply for a driving licence in the future. Please note that this risk also applies to others in the room who are exposed to the flashing light.

Only a parent or legal guardian can give legal consent. If someone else is bringing your child for the test you must contact the department prior to the appointment so that we can make alternative arrangements for written consent.

Are there any side effects? There are no side effects from recording an EEG. If you have any concerns after the test you should seek advice from your doctor.

When will we get the results? Results will be sent to the doctor who referred your child for the test. This usually takes one to three weeks.

Please phone if you have any further questions: 01305 255255