

EEG

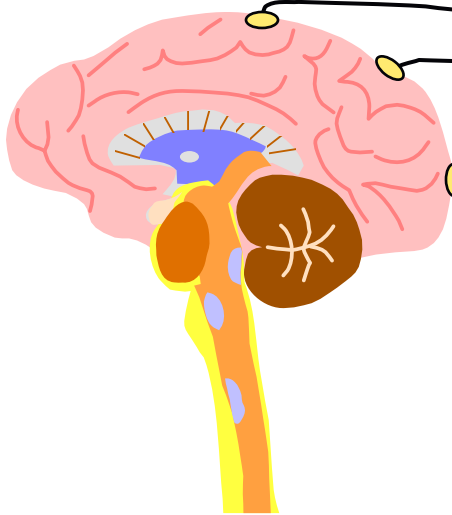
EEG PHOTOBOOK 2009:
BC CHILDREN'S HOSPITAL

What is an EEG?

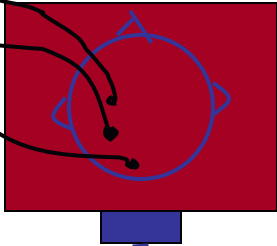
- **EEG** stands for **ElectroEncephaloGram**
- An EEG is a record of your brain waves
- Nothing goes into your head
- It does not hurt



ELECTRODES –
record the activity



HEADBOX –
makes the activity bigger



Recording Brain Activity

COMPUTER –
displays the activity



Why do I have to stay up late the night before?

Sleep Deprivation Instructions			
Age	Go to Bed	Wake Up	Total Sleep
Under 1 year	Normally	Stay awake 3 hours before the test	3 hours less than normal
1 – 3 years	2 hours later	2 hours earlier	4 hours less than normal
Older than 3 years	Midnight (12 am)	5 am	5 hours total

- We need to record awake and sleepy brain waves
- This makes a complete test
- Come to the test awake
- Sleep during the test
- It is easier to fall asleep during the test if you are sleep deprived
- The amount of sleep you should get depends on your age (see table)

What to Bring

- Please bring along anything that helps you fall asleep, such as a blanket, pacifier, teddy, music CD, sound machine, video, etc.
- Do not bottle or breast-feed babies before the test
 - Although the test does not hurt, it may upset your child
 - Feeding after set-up helps calm upset children so they can fall asleep
- Please do not nap in the car on the way to the test



EEG Technologists

- We have 11 technologists
- One of these technologists will perform your test



Donna



Lisa



Sherry



Renee



Marilyn



Tracey



Cassie



Leanna



Joanna

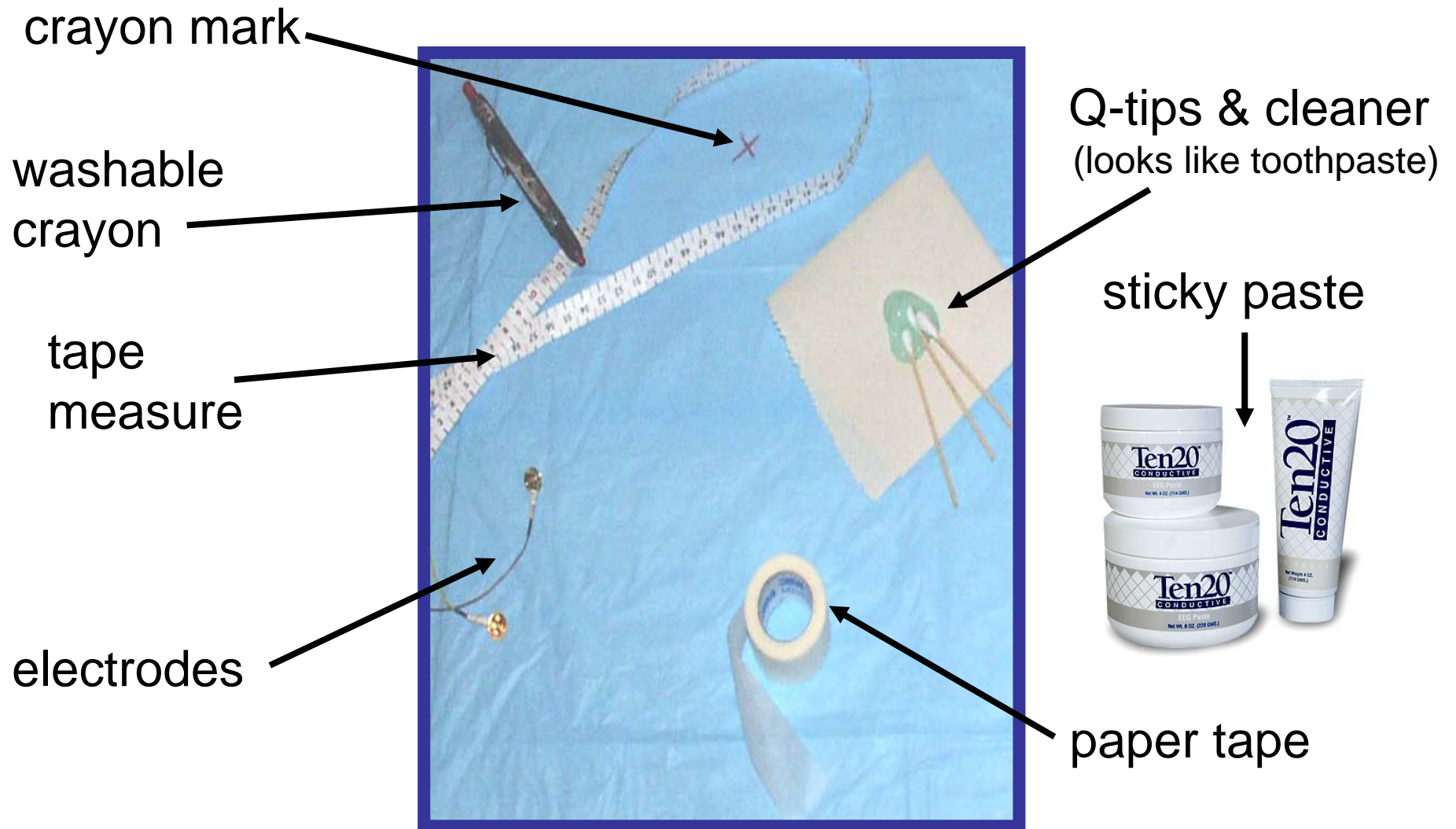


Jacqui



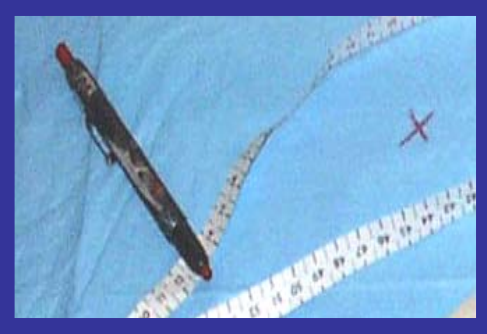
Christine

Equipment used



Step 1

Measure & Marking



- The tech will measure and mark your head with a wax crayon so we know where to put the electrodes
- There are 25 electrodes
- We will wash the marks off before you leave

Step 2

Cleaning Marks

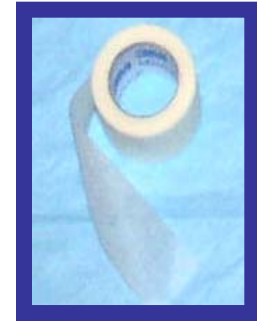


- The tech needs the spots to be clean
- We clean with a Q-tip and stuff that looks like toothpaste (Don't worry we don't brush teeth here!)
- Please have clean, dry hair for the test (no hair products)



Step 3

Attaching Electrodes



- We use tape to put the electrodes on your ears, cheeks, forehead and chest
- We use a sticky paste for the ones in your hair
- The paste is water soluble and washes out easily





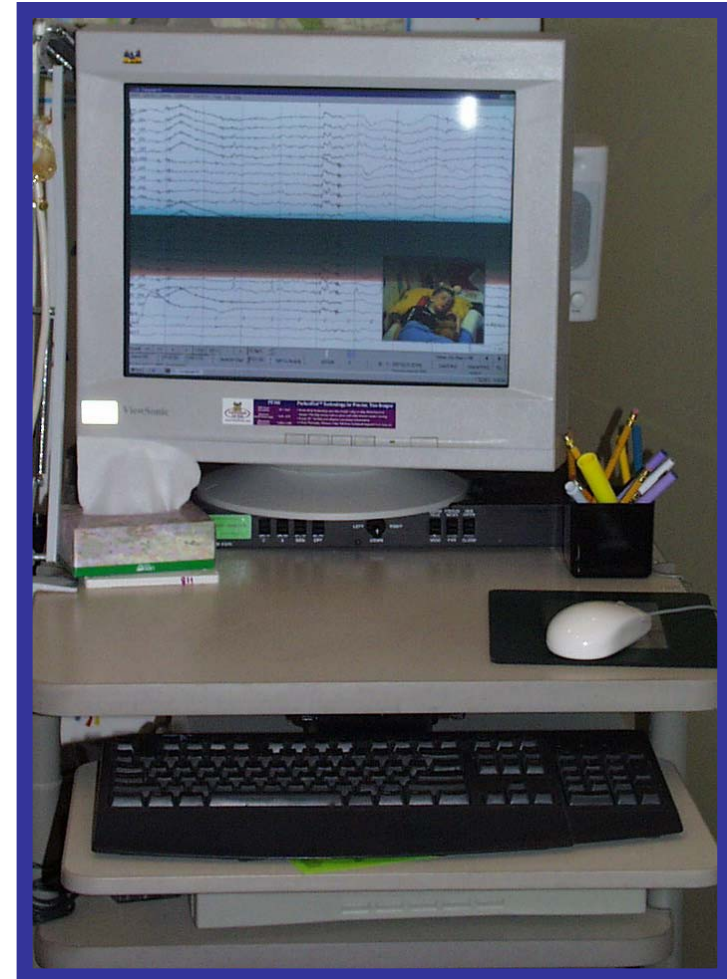
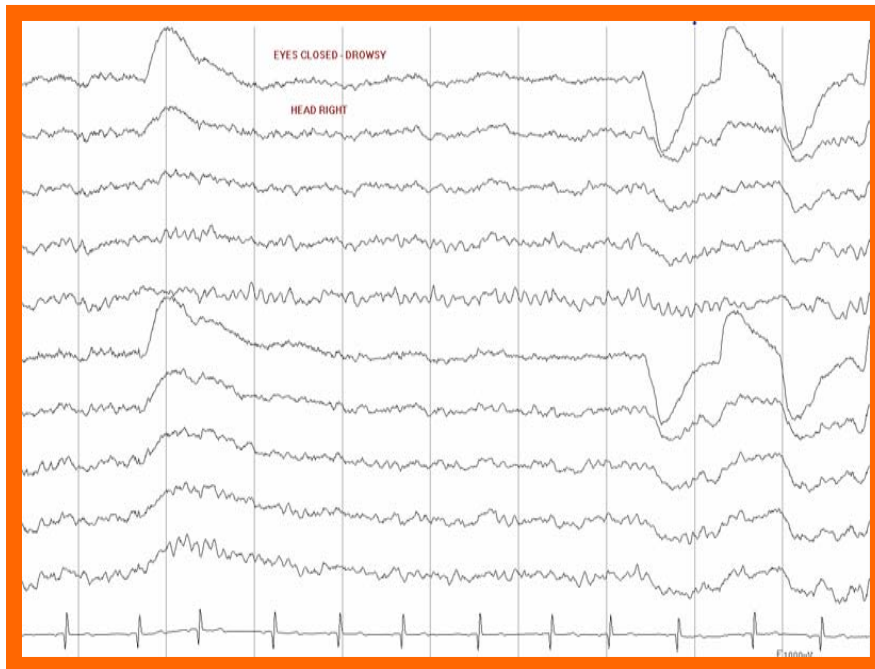
Ready, Set, GO!



- You are all set-up to start the test
- Parents can choose to stay or leave and have a coffee for about 30 minutes
- Some children may not sleep when there are too many people or too much noise in the room

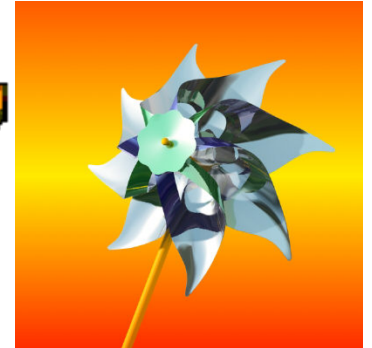
The EEG is recorded on a computer.

Brain Waves



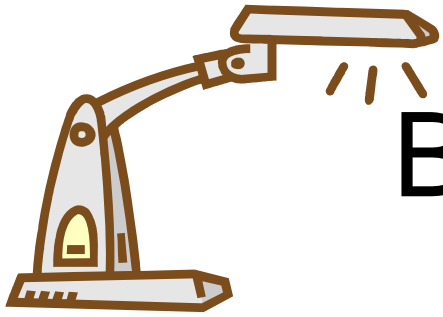


Blowing

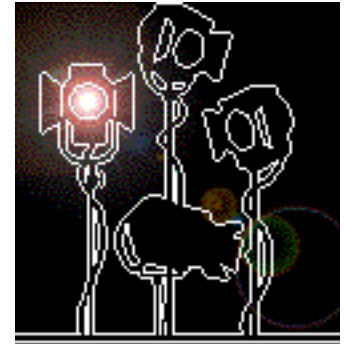


- The tech will ask you do some deep breathing
- Emphasize on blowing out
- Imagine:
 - blowing up a balloon
 - blowing out birthday candles
 - blowing to cool hot chocolate
- You may be given a windmill to blow
- Blow constantly for 3 to 4 minutes
- Maybe even twice





Bright Flashing Light



- The tech will show you a strobe light
- It will not hurt you when it flashes because you close your eyes
- The tech will tell you when to open and close your eyes
- You may see rainbow colours when your eyes are closed



Sleep



- We will turn down the light
- You may sleep whichever way you normally do....left, right, on your back or tummy or snuggled with your parent.
- If you can't go to sleep, just close your eyes and be still for just 10 minutes...



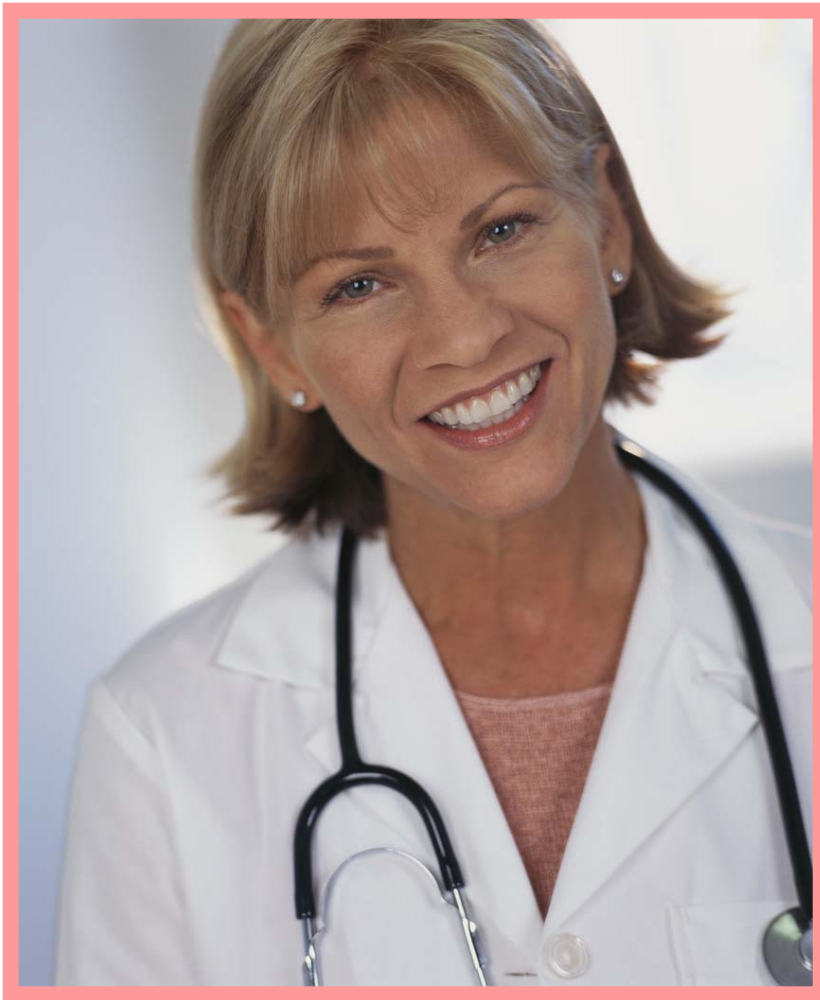
Wake-up & Clean-up



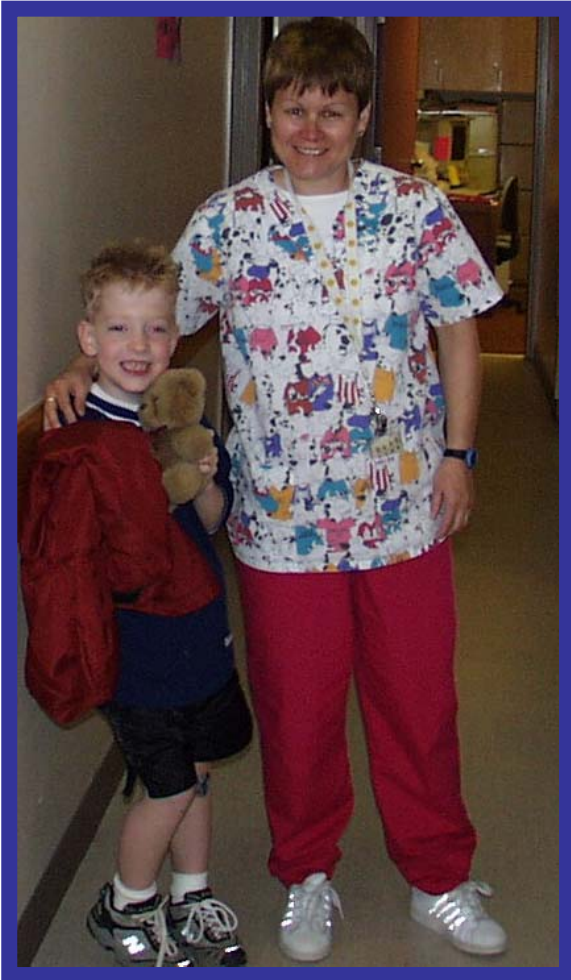
- The tech will wake you up if you have fallen asleep
- She will remove the wires and tape
- She will wash off the crayon and paste
- Your hair may be wet and sticky when you leave
- You just need a good shampoo at home



Test Results



- The tech cannot give you results
- The EEG must be interpreted by a doctor
- A written report will be typed and mailed to your referring doctor in a week or two
- Your doctor's office may request a verbal result

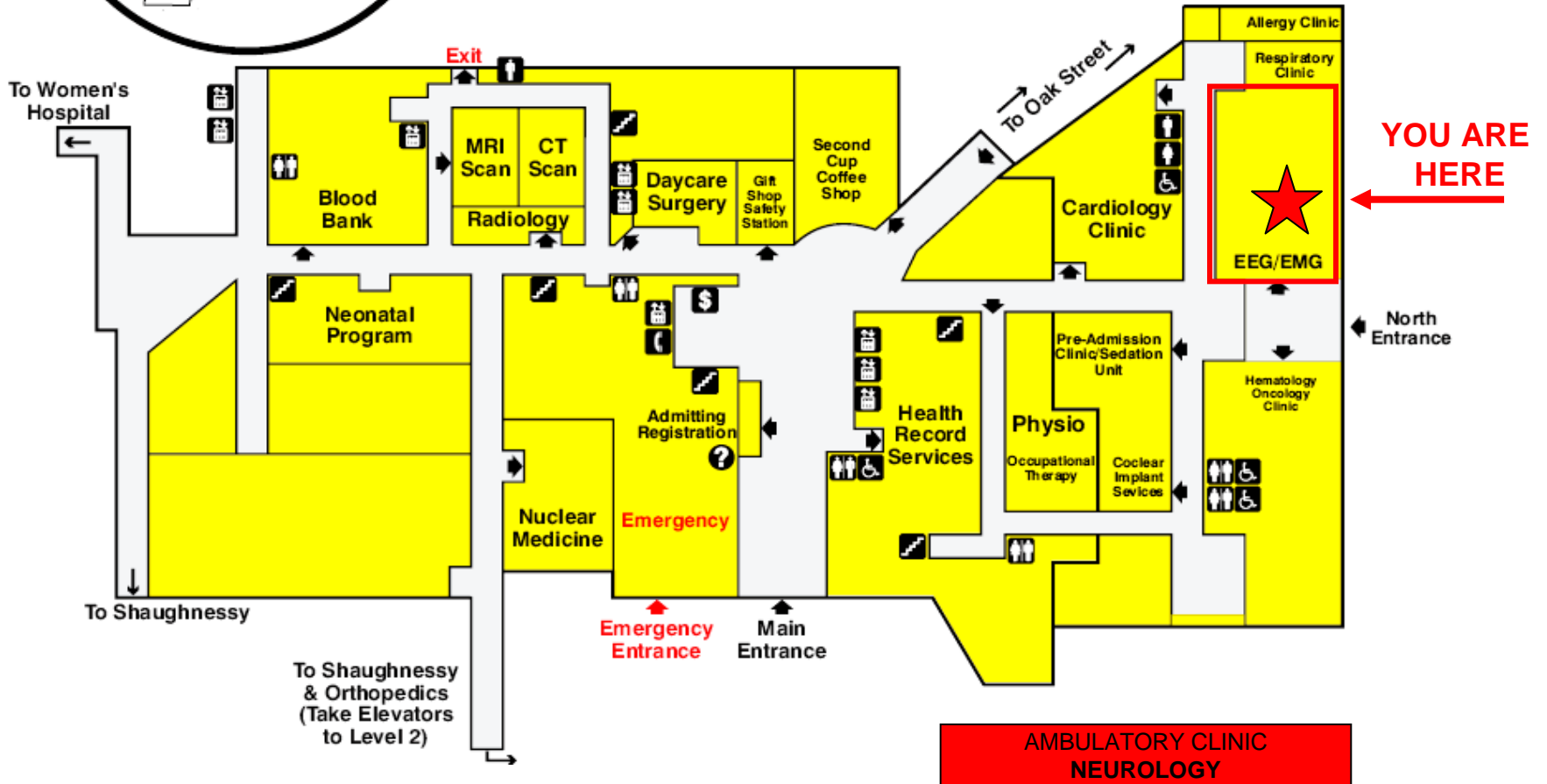
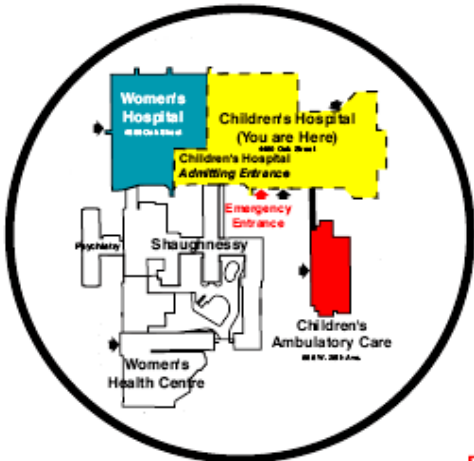


Thank You

- Thank you for all of your help with this test
- Sometimes children may have to have the test repeated
- It is not harmful to have many EEGs

Where to Find Us

BC Children's Hospital Level 1



Please be on time for your appointment



- It is important that you be on time for your test
- Please plan to leave home early



Parking takes time

- There is a minimal amount of pay parking on site
- It may take up to 20 minutes to find a spot
- You may also need to register at Admitting
- When you arrive late, your test is shorter
- You might have to come back on a different day and have the test repeated