

Your child is having an EEG

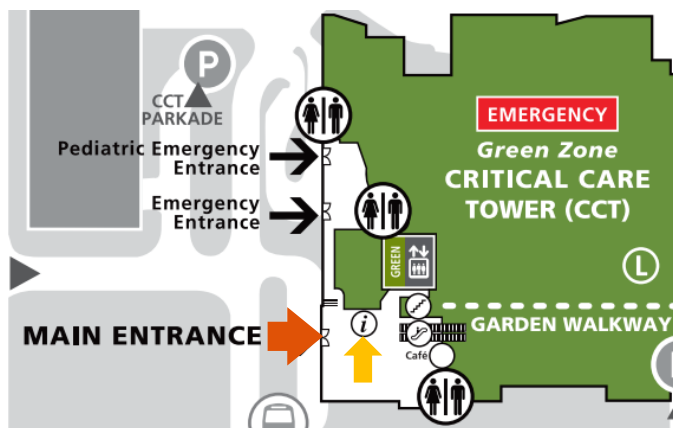
Surrey Memorial Hospital

Your child has an appointment for an EEG.
EEG stands for electroencephalogram
(say ee-lek-tro-en-sef-ah-lo-gram).

This sheet tells you where to go for the test, how to prepare your child, and how we do the test.

Where to go

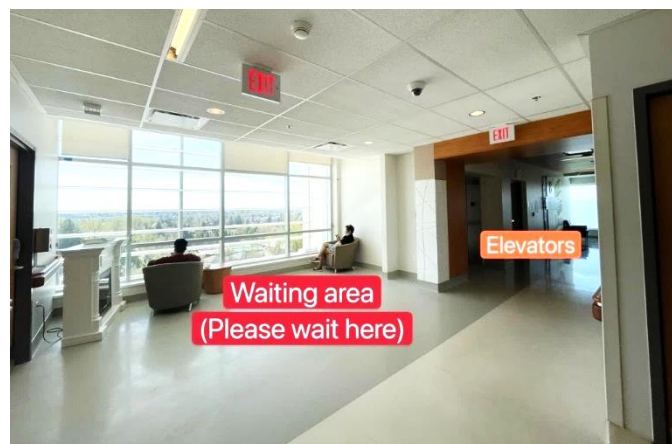
- Arrive 15 minutes or more before the appointment time. This gives you time to find parking and find your way to the entrance.
- Pay for at least 2 hours of parking. The test takes about 2 hours.
- Enter Surrey Memorial Hospital through the main entrance off King George Boulevard, next to the Emergency entrance. (See the *orange arrow* on the map.)
- Go to the Information Desk at the bottom of the escalator. Ask one of the volunteers or security guards to direct you to T8 Neurology (Tower Floor 8). (See the *yellow arrow* on the map.)



An EEG looks at your child's brain waves. We place small electrodes (stickers) on their head to pick up the electrical activity of the brain. We record their brain waves on a computer. Nothing goes into the head. It does not hurt. For most children, all they need to do is lie still.



- Take the elevator behind the Information Desk to the 8th floor (T8 Neurology).
- Proceed to the waiting area just outside the elevators by the windows.



- Wait in this waiting area until the person doing the test (a technologist) comes to get you. Please do not enter the Neurology Unit.
- If you get lost in the building or delayed the day of the test, call 604-585-5666, extension 775139.

Call 604-582-4561, extension 763705:

- If your child is sick the day of the test
- If you need to cancel or reschedule the appointment
- If you have any questions about the test

Only if having a “sleep-deprived” EEG

While most children have a regular EEG, some will have a “sleep-deprived” EEG. This type allows us to record both awake and sleep brain waves.

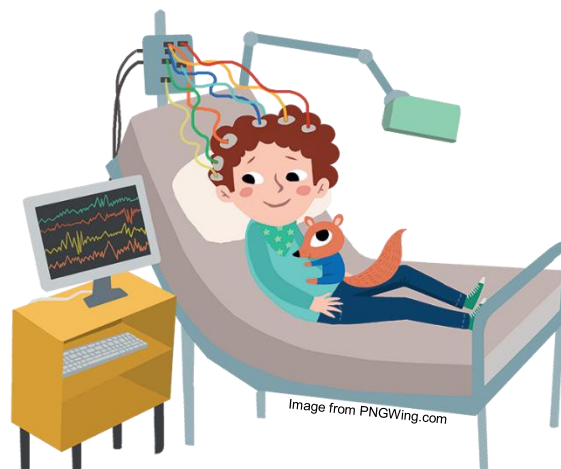
If your child is having this type of EEG, follow the instructions for your child’s age group the night before and the day of the “sleep-deprived” EEG.

Child’s age	Go to bed	Wake up	Total sleep
Under 1 year	At the normal time	Stay awake 3 hours before the test	3 hours less than normal
1 to 3 years	2 hours later than normal	2 hours earlier than normal	4 hours less than normal
Older than 3 years	At midnight (12:00 a.m.)	At 5:00 a.m.	5 hours less than normal

Note: Do not let your child fall asleep on the way to this appointment.

On the day of the test

- Give any medicines as normal unless your doctor has told you something different.
- Make sure your child has clean, dry hair. Do not use any oil or hair products.
- Dress your child in comfortable clothing.
- Bring your child’s BC Services Card.
- Bring a soothing or comforting item for your child. This could be a familiar toy, stuffed animal, blanket, or pillow. For babies, this might be a bottle or soother. For older children, we encourage using a computer tablet to help distract them.
- Because of our small space for testing, only one parent can join their child during the test. If you have other children, please arrange for them to be cared for at home or out in our waiting area.



How we do the EEG

The person doing the test is a technologist.

1. We start by measuring your child’s head. We use a wax crayon to make little marks. This is so we know where the electrodes go. Try to get your child to hold still while we do this. It does not hurt.
2. We clean the spots where the electrodes go.
3. We use sticky paste to keep the electrodes in place.
4. We listen to and record your child’s brain activity while your child relaxes, watches a show, plays with their toy, or takes a nap. We might ask your child to open and close their eyes, look at a flashing light, or do some breathing exercises.
5. Once completed, we remove the electrodes and wash off the crayon marks.

The results of the EEG

A brain specialist (neurologist) reviews the results and send a report to the doctor who ordered this test. Contact that doctor to talk about the results.