

INSTRUCTIONS FOR AN EEG

EEG (electroencephalogram) is a safe, pain-free test which records an electrical activity of the brain. EEG is recorded on a computer and interpreted by a neurologist. The length of the test varies from office to office. In Dr. Kulikova's office it is done for up to an hour. With preparation it may take up to two hours, depending on cooperation of a child being tested.

We welcome parents help and support during the test, but sometimes only one parent or guardian is invited to stay with a child in the room during the EEG, sometimes none. It is all up to the technician to decide what is more beneficial for the child and accuracy of the test. The technician and parents/guardians have the same aim – to keep a child calm and relaxed during the procedure.

How to get ready for an EEG

- Wash the hair and do not use any hairstyling product, like oil, hairspray, etc.
- Do not braid the hair.
- Give your child his/her medications unless instructed otherwise by your doctor.
- Do not give the child any caffeinated drinks or chocolate.
- Try not to let the child fall asleep on the way to the office. The test will be more useful and accurate if it records drowsiness and/or sleep.
- It is better if the child is fed and not hungry for the test, this way it will be easier for him/her to relax.
- For young child bring her favorite book, DVD player with a favorite movie, stuffed animal, blanket and extra bottle with milk or water to help to comfort her during the study. Young patients can have finger foods during preparation for the test to keep them occupied.

After the test

We recommend to take your child home to finish cleaning his/her hair from the residue of the conductive paste that is used to attach wires.

If you can not keep an EEG appointment, or you are running late, you have to contact the technician directly, so she can make an adjustment in her schedule and other patients are not affected.