

All About Your EEG!



What to Expect

A Note to Parents

You received this booklet because your child is going to have an electroencephalogram (EEG) or video electroencephalogram (VEEG) at Gillette.

Both types of tests record brain-wave patterns to determine if children are having seizures or other problems. A VEEG includes a video recording so that doctors, nurses and technologists can see what happens before, during and after abnormal brain activity. (We'll respect your child's privacy and not record activity in the bathroom.) A VEEG might require an inpatient stay.

This picture book will help you talk to your child about the test. When children know what to expect, they feel less anxious, are more willing to cooperate and have less difficulty before and after the experience.

What does your child need to know about the procedure? That depends on the child's age. Tell toddlers and preschoolers one to three days before the appointment. Inform school-age children a week beforehand. That gives them time to think about what you've said and to ask questions. Remind children that they won't be alone during the procedure.

The specific instructions on the inside of the back cover of this booklet explain how you can help prepare your child for an EEG.

If you have questions about preparing your child for the test, call our Child Life staff at 651-229-3936. If you have questions about your child's neurology care, call Telehealth Nursing at 651-229-3890 to speak with a Gillette nurse. From outside the Twin Cities, call toll-free at 800-719-4040.

Welcome to Gillette!



You'll have your test in a room that looks like this.



Hi! I'm Sarah
and this is my Mom.
You can follow me
during my EEG.



You and your family will check in at the front desk. A friendly person will give you a bracelet with your name on it.

What Is an EEG?

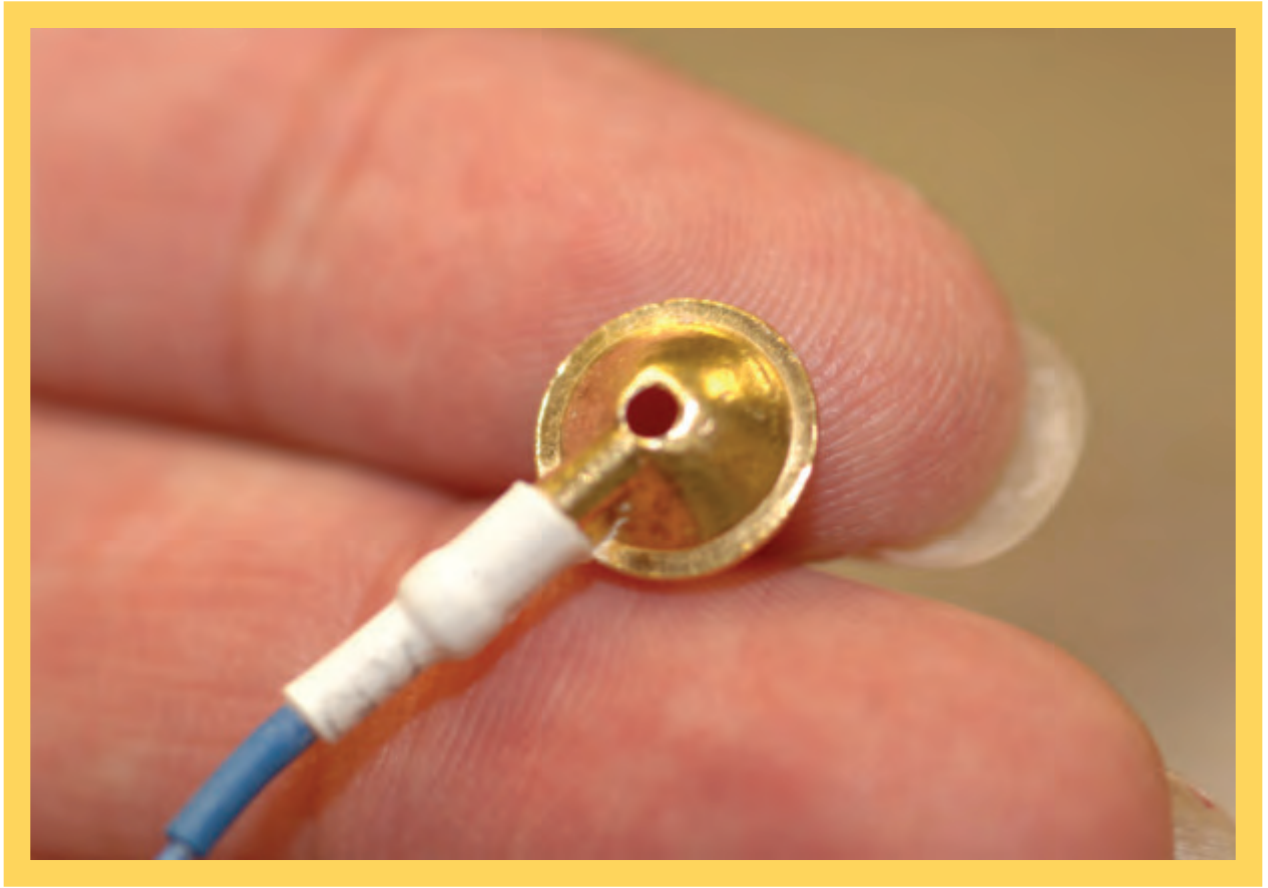


EEG is a short way to say electroencephalogram. It is a test that gives doctors important information about your brain.

A video electroencephalogram, or VEEG, is a similar test — except it includes a video recording that gives your doctor more information about your brain. Sometimes the camera is in the ceiling, and sometimes it's on the VEEG machine.

A technologist like Linda will talk to you about what you will see and feel during the EEG or VEEG.

How Does It Work?



This is a close-up of an electrode. We'll put electrodes on your head to measure your brain waves. Brain waves are the messages from your brain that tell your body what to do. The electrodes won't hurt, and neither will the test.

What Happens Next?



Before your EEG or VEEG, we'll use a soft pencil to mark your head. The marks show us where to put the electrodes.



Next, we'll gently rub lotion on your head. The lotion helps the electrodes work better.

The lotion feels cool.



We'll use glue or paste to attach the electrodes to your head.

You should try to hold your head as still as you can. That will help us finish the test as quickly as possible.



The electrodes don't hurt at all.



Your doctor will decide how long you'll need to wear the electrodes. The test might take about two hours.

A video camera might take pictures of you while you're wearing the electrodes. The videos tell your doctors important things about how your brain is working. Sometimes, we'll ask you to look at a blinking light or blow on a pinwheel.




When your EEG test is done, we'll rub the electrodes with cotton balls or a warm washcloth. Then we'll take off the electrodes. There might be some paste left in your hair.

If You Have a VEEG



Sometimes kids need a longer VEEG test. Then you might need to stay at Gillette overnight — or even for a few days. One of your parents will stay with you.

If you do need a VEEG, a video camera will take movies of you. Sometimes the camera is in the ceiling, and sometimes it's on the VEEG machine. The videos tell your doctors important things about how your brain is working.



Olivia needed a special VEEG that took a long time, so she stayed overnight at Gillette with her mom.



We use a special glue to put on the electrodes. The glue has a strong smell, but when it dries, the smell goes away.

We'll dry the glue with an air blower. You might think it sounds or feels like a hair dryer. If you want us to, we can blow air on your hand first. That way, you'll know how the blower will feel on your head.

You'll have meals in your room. You can bring a favorite stuffed animal, school work and comfortable clothing from home. You can play games, but you won't be able to move around a lot.

When your EEG is over, you can go home.



Preparing For Your Child's EEG / VEEG!



NO Sleeping Medicines

24 hours prior to procedure



NO Caffeine or Sugar

12 hours prior to procedure

including chocolate, sodas, candy or cookies



Wash Hair

NO styling gels, oil, etc.



GO to bed 1 HOUR later than usual.

Wake up early

CHILD'S AGE	WAKE UP TIME
0 to 24 months old	→ 3 to 4 hours before the test
2 to 3 years old	→ 4 to 5 hours before the test
4 years and older	→ 6 to 9 hours before the test

Stay awake until the test



Eating and Drinking

CHILD'S AGE	WHEN TO EAT OR DRINK
0 to 24 months old	→ Wait until arriving at Gillette
2 years and older	→ Eat at home before the test



Bring Relaxing Items

bottle, pacifiers, blankets, toys, etc.

QUESTIONS? CALL 651-726-2885



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200 University Ave. E.
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)

Maple Grove Clinic
9550 Upland Ln. N.
Maple Grove, MN 55369
763-496-6000
888-218-0642 (toll-free)

Brainerd Lakes Clinic
15860 Audubon Way
Baxter, MN 56401
218-824-5001
800-578-4266 (toll-free)

Minnetonka Clinic
6060 Clearwater Dr.
Minnetonka, MN 55343
952-936-0977
800-277-1250 (toll-free)

Burnsville Clinic
305 E. Nicollet Blvd.
Burnsville, MN 55337
952-223-3400
866-881-7386 (toll-free)

Willmar Clinic
Lakeland Health Center
502 2nd St. S.W.
Willmar, MN 56201
651-634-1938
800-578-4266 (toll-free)

Duluth Clinic
Lakewalk Center
1420 London Rd.
Duluth, MN 55805
218-728-6160
800-903-7111 (toll-free)

Mobile Outreach Clinic
For locations and schedules:
651-634-1938
800-578-4266 (toll-free)
www.gillettechildrens.org



St. Paul – Phalen Clinic
435 Phalen Blvd.
St. Paul, MN 55130
651-636-9443
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