



Here we go. . . for an EEG



maxiSHARE

A product line of Children's Hospital and Health System

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I am going to the clinic to have an EEG today. I am having an EEG to check my brain.

First I will meet the tech who will do my EEG. I can bring my pillow and my blanket with me.



My tech will tell me and show me what will happen during the EEG.

I will listen and watch. I can hold my blanket. My mom will also stay in the room with me.



I will lie down on the bed. My tech will move the bed up when we are ready to get started.

I will try to have quiet hands during the EEG. This is important. My tech will like it if I follow directions.



My tech will put a tape measure on my head. Then my tech will make little marks on my head with a crayon.

That's okay. The marks will wash right off when we are all done.



My tech will rub each mark with some gel. Next, my tech puts 26 little buttons on me. They aren't sharp, so it won't hurt. I can watch a movie while my tech does this.

Sometimes, my tech may move the buttons during the EEG. I need to lie still.



Next, my tech will lower the bed and turn off the lights. Time to turn off the movie. I may hear my tech typing on the computer.



My tech might ask me to breathe fast for a few minutes. I might feel dizzy. That's okay. It will go away.

My tech will tell me when it's time to stop breathing fast. My tech and my doctor will be happy if I do a good job.



Next, my tech may show me a flashing light. The lights might be bright to look at.

I will try to lie still. I can hold my blanket and my pillow.

I will try to fall asleep when my tech asks me to. This is very important. My tech will wake me up in a few minutes.



When I wake up I will lie still for a few minutes. Then my tech will take off the buttons. My tech will wash off the marks and the paste with a warm cloth. Ahh. . . That feels nice.



My tech might say, "Good job!"
and give me a prize.

Having an EEG is not so hard.
I know just what to do.

"Leading the way in pediatric healthcare education."

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