

EEG Patient Information Sheet

Preparation for all EEG's

Wash the patients hair the night before with **shampoo only** (*no conditioner*). No hair products are to be used or put in to the hair after washing.

The EEG cannot be performed if there are head lice present.

Bring along a list of your child's medications. (*name and dose*)

Standard EEG

Allow 1 hour for a standard EEG appointment. The patient will be in an awake state and the procedure is carried out in our clinic room with a Neuroscientist.

We require your child to have something to eat and drink within the hour prior to your appointment.

Nap EEG

During your child's EEG recording, your doctor has asked that we obtain a period of recording with your young child asleep. To do this we would like to time your child's EEG with their regular nap time. A period of sleep (approximately 15-20 minutes) needs to be observed during the EEG recording.

We do our very best to book the appointment to coincide with your child's regular nap time if possible.

Additional important instructions for Nap EEG:

- Bring the child in AWAKE.
- Advise our staff of your child's usual nap times.
- Keep to your child's usual routine to ensure that he/she naps at this usual time on the day of the EEG recording e.g. do not allow your child extra sleep the night before the test.
- Keep your child active and awake on the morning of the test.
- Please do not allow your child to sleep in the car on the way to your appointment (this may mean bringing someone with you in the car to keep your child awake).
- If your child feeds to fall asleep, please delay the nap time feed for your child until he/she is in the EEG recording room, the EEG technician will inform you of the best time to go ahead with the feed.
- Do bring a bottle/pacifier/blanket to help settle your child to sleep once the EEG recording is in progress.
- Please do not bring other children as this may affect your child's ability to settle to sleep.

You may also need to bring additional toys/activities/iPad/electronic games to entertain your child.

Please see over page for Sleep Deprived EEG's and Overnight EEG information.

Sleep Deprived EEG

During your child's EEG recording, your doctor has asked that we obtain a period of recording with your child asleep. For a sleep dEEG, a period of sleep (approximately 15-20 minutes) needs to be observed during the EEG recording. For this to be achieved your child will need to be **sleep deprived** the previous night and a longer period of EEG recording is allowed (1 hour 15min) to maximize the chance of your child falling asleep in the EEG recording room which will be darkened and quiet for this purpose.

Additional important instructions for Sleep Deprived EEG:

- **Sleep deprivation procedure:** Your child must stay up later the night before and be woken early on the day of the test. These times vary for each individual child.
Times will be discussed when appointment is made. Please contact our clinic if there any concerns regarding sleep deprivation.
- Although we require that your child is sleep deprived for this test, please do not forget safety, you must not be sleep deprived if driving your child to the appointment.
- Your child should not be allowed any morning naps or to nap in the car on the way to clinic (this may mean bringing someone with you in the car to keep your child awake, stimulating and interactive games on electronic devices such as iPads and tablets also work well).
- Please **DO NOT** administer **STIMULANT MEDICATIONS** (eg. Ritalin, Dexamphetamine) before the test. These medications are usually used in children with ADHD. For any medications you're not sure of, please ring Queensland Paediatric Specialists on 07 55 39 49 61.
- Please bring any items that might help your child fall asleep e.g. pillows, comfort toys and blankets.

IMPORTANT NOTE: Sleep deprivation can trigger seizures so please ensure your child is monitored closely.

Overnight EEG

An overnight EEG is performed as an inpatient at The Wesley Hospital in Brisbane. Admissions are usually 16 or 24 hours depending on what your doctor is trying capture during the process. At the time of booking the admission, our staff will discuss the fees and any available rebates from Medicare and your private health insurance cover. We will send an admission request form to the hospital and they will then make contact with you to do a more detailed online admission form for your child.

Please note that the charges for the EEG procedure billed by Queensland Paediatric Specialists are separate to the charges billed by the hospital for the overnight stay. For private health patients, there is usually an excess payable for the hospital stay, however this will depend on the level of your cover. You will need to discuss this with your private health insurer.

Additional important information for an Overnight EEG:

- Your doctor has asked that we perform an overnight EEG on your child. A parent or guardian will be required to stay with the child for the entire recording period. There will be sleeping arrangements for one parent or guardian only.
- This person may also be asked to notify the EEG technician or advise the technician of any events/seizures that occur during the recording.
- You may also need to bring additional toys/activities/lpads/electronic games to entertain your child for this overnight EEG.
- **NOTE:** It is a good idea for your child to wear a button up pyjama top to allow easy access for the EEG leads and for their comfort during sleep at night time.
- **Parents:** There is a small fridge in the room for patients to use. There is a staff/visitor room to make tea/coffee and to heat things up. Meals are available at \$15 each and there is a restaurant on the 1st floor near the admissions desk. Each room has its own bathroom but you will need to bring your own toiletries.

Please make contact with our clinic if you require any additional information about your child's EEG.