



2003 Kootenai Health Way
Coeur d'Alene, ID 83814

KOOTENAI HEALTH NEURODIAGNOSTIC LAB

Pediatric

Electroencephalogram (EEG) Instructions

These instructions are designed to obtain the best test possible for the ordering doctor. Please follow the instructions below carefully unless the patient has been instructed otherwise. The technologist will attempt to call the night before the appointment to go over instructions and answer any questions there may be.

An EEG measures the electrical activity of the brain. It is a painless procedure. There are no needles.

The approximate testing time is 1.5 to 2.5 hours long. The first portion of the test is applying the electrodes. The second portion is recording the activity. Sometimes, depending on the minor's cooperation, the technician will have the parent/guardian get the patient to fall asleep to continue the hook-up portion of the test. Please do not bring siblings or other children as they cannot be attended to during the test.

The parent/guardian is encouraged to dress the minor in comfortable clothing (i.e., pajamas) and bring comforting items for the minor such as a blanket, tablet and non-sugary drinks and snacks. We do have a DVD player and some movies to play during the hook-up portion of the test.

1. Only have the minor sleep 4 to 5 hours the night before the test. For example, midnight to 4 or 5 AM.
2. All regular medications should be taken as usual unless otherwise instructed by a doctor.
3. No caffeine or foods high in sugar after midnight the night before the test.
4. Only one parent/guardian can accompany the minor throughout the test.
5. The minor should eat a good meal low in sugar before coming in for the test.
6. The minor should have clean, dry hair without products such as hairspray, mousse, or gel.
7. Be prepared to wash the minor's hair at home after the testing is done.
8. Check in with Registration at the North entrance of Kootenai Health Hospital 15 minutes before appointment.
9. If there are any questions, please call us at (208) 625-4521.