

EEG AT CHOP



**Children's Hospital
of Philadelphia**

Child Life, Education & Creative Arts Therapy



A note for caregivers:

An EEG is can be a stressful experience for a child. This resource is designed to help you prepare the child in your care for what to expect and make the experience easier. We encourage you to read through this picture story a few times before the EEG. You can adapt the language to suit the child.

We encourage you to bring some favorite books, games, videos or comfort items to help with distraction and to pass the time.

You may want to talk about an incentive the child could earn for completing the EEG successfully.

You are going to have an EEG at CHOP.

An EEG is a way for your medical team to understand how your brain is working.

The EEG will be done by a person called an EEG technologist. The technologist (or “tech”) will show and tell you what will happen at each step. Your caregiver will be with you to help.

This book will help you know what to expect during your EEG.

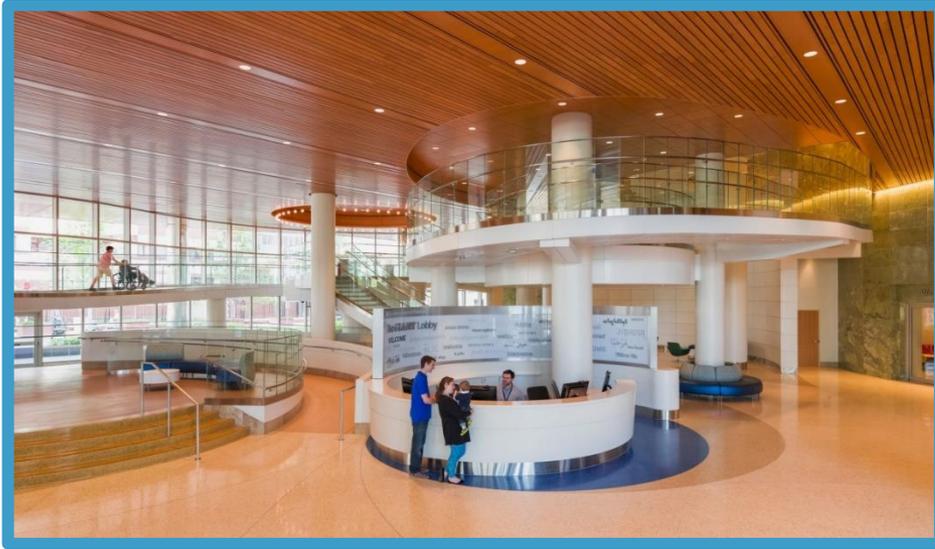


BUERGER CENTER



**KING OF PRUSSIA
SPECIALTY CARE**

When you arrive for your EEG, you will see a building with lots of rainbow colors.



BUERGER LOBBY



KOP LOBBY

Inside of the building, you will check in at the front desk and find out where to go for your EEG. There will be a lot of things to look at. You can wear headphones if it's noisy and you will stay with your caregiver.



**BUERGER
WAITING AREA**

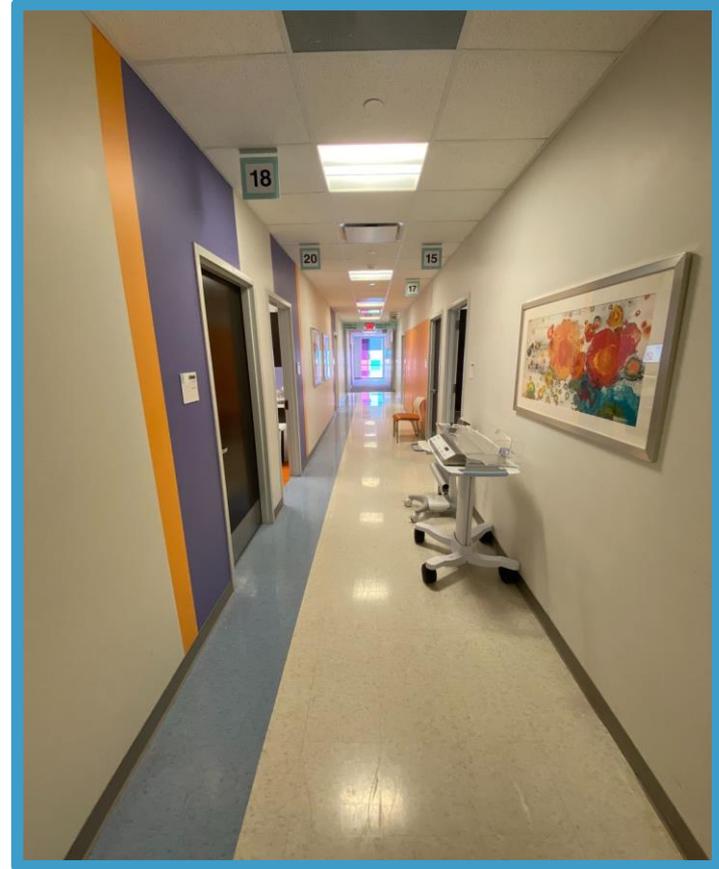


**KOP
WAITING AREA**

Before your EEG, you will wait with your caregiver in the waiting room. You can play with toys or watch TV.



**BUERGER
HALLWAY**

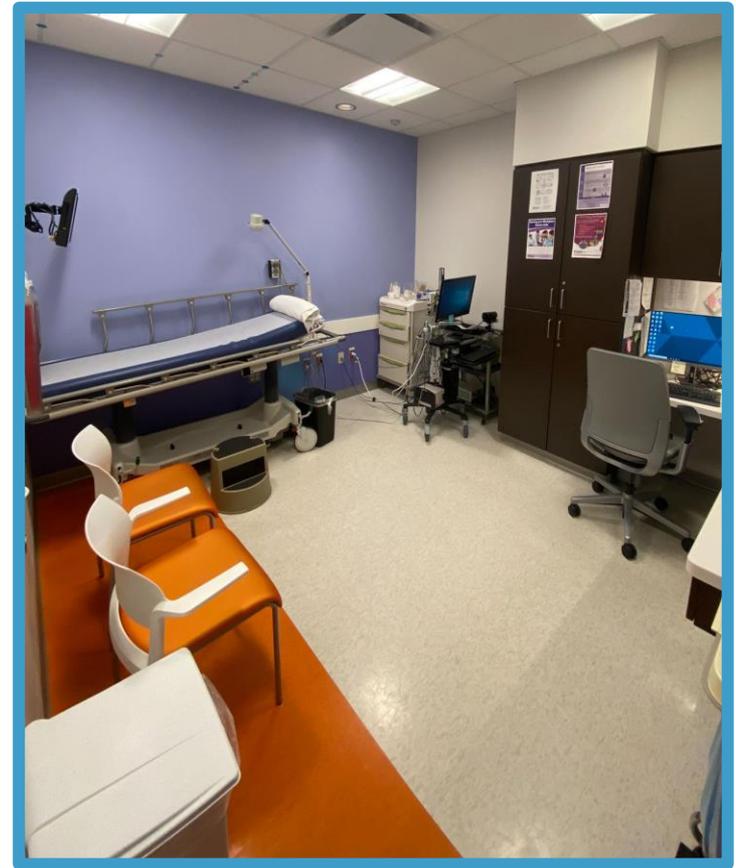


KOP HALLWAY

The technologist will show you the way to the EEG room. You can look for the room number on the ceiling.



BUERGER ROOM

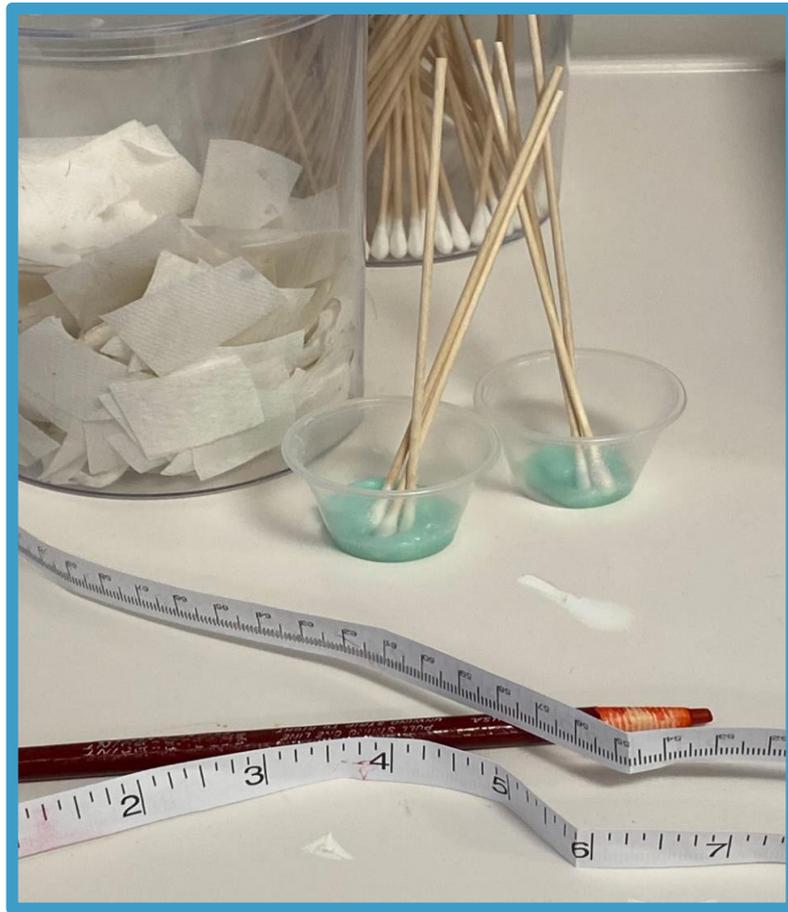


KOP ROOM

The room will have a lot of things inside. You have seen some of them before. There will be a chair for your caregiver to sit in, a bed to lay on and a TV to watch. The technologist may sit at the computer and tell you what is okay to touch.



The EEG is done using leads. The leads look like rainbow strings. Each color will connect to a different spot on your head.



The technologist will measure your head and mark the spot where the leads will go with a red crayon. The technologist will make the leads stick to your head using a special paste. Some kids say the paste supplies smell like a marker.



Here is what the rainbow strings look like when they are in place.



Once the strings are all attached, you will wait for 20 minutes. You will lie on the bed and your caregiver can be there with you. You can watch the TV, look at your own device or play with toys.



You will watch some lights flashing on a small lamp. The lights are bright and flash slow and fast. You can close your eyes or look away if the lights are too bright.



**You might blow on a pinwheel and make it spin.
The technologist will see how long you can blow
on it.**



After the EEG is done, the leads will get taken off. The paste will come off then next time you wash your hair.

**THE FOLLOWING PAGES CONTAIN
PICTURES ONLY.**

USE THEM TO CREATE YOUR OWN STORY.

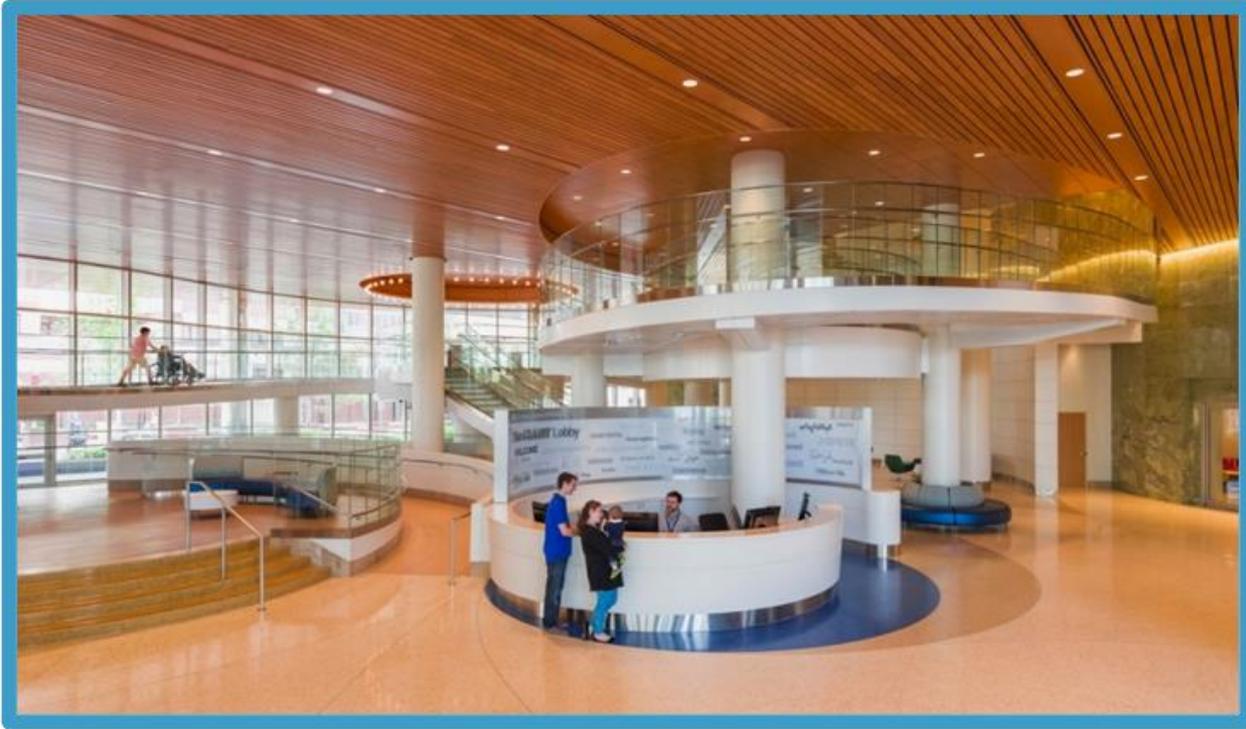
**ADAPT THE LANGUAGE AND PICTURES
FOR THE INDIVIDUAL CHILD AND
APPOINTMENT LOCATION.**



BUERGER CENTER



**KING OF PRUSSIA
SPECIALTY CARE**



BUERGER LOBBY



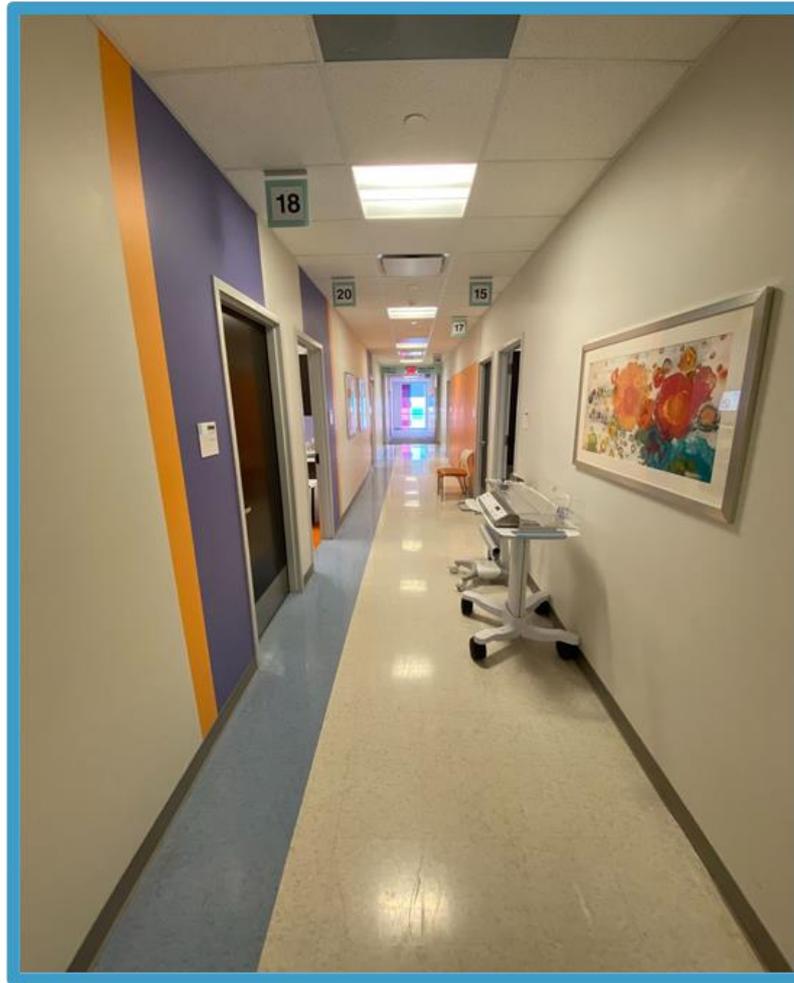
KOP LOBBY/WAITING AREA



BUERGER WAITING AREA



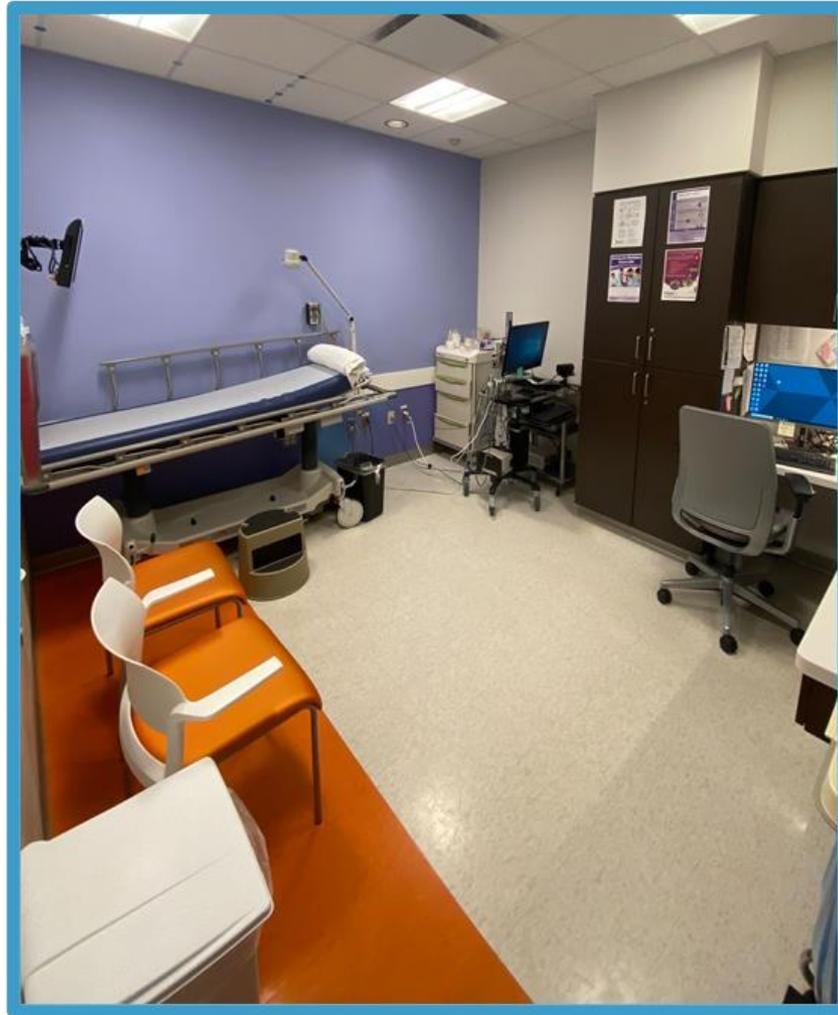
BUERGER HALLWAY



KOP HALLWAY



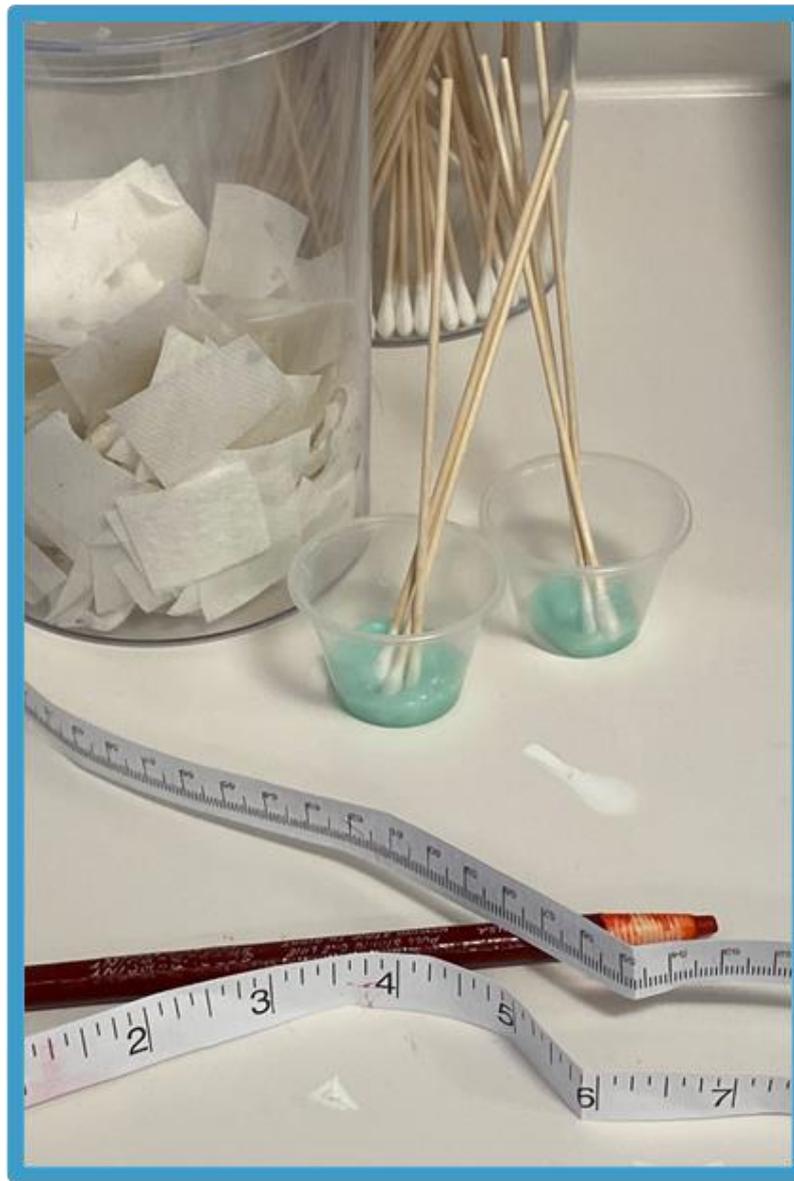
BUERGER ROOM



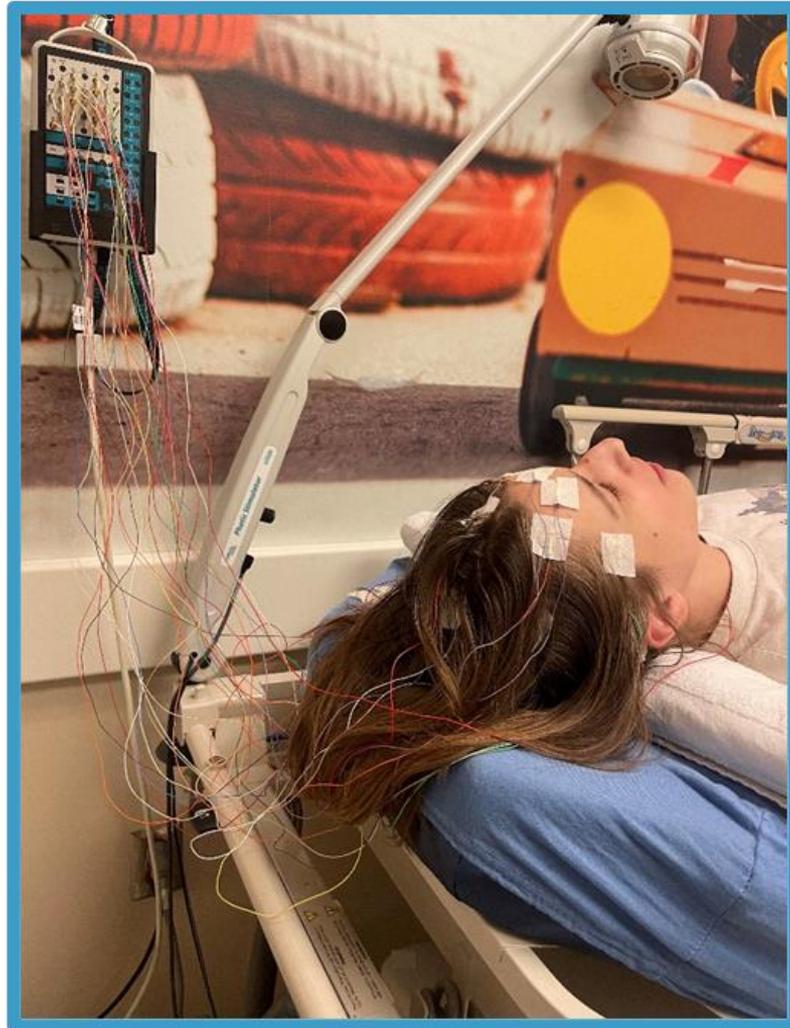
KOP ROOM



RAINBOW LEADS



**MEASURING TAPE, RED CRAYON,
SUPPLIES FOR PASTE**



LEADS IN PLACE



**THINGS TO DO
DURING EEG**



LAMP WITH FLASHING LIGHTS



PINWHEEL TO BLOW ON



RAINBOW LEADS REMOVED

QUESTIONS?

If you have questions about the EEG please contact EEG at 215-590-2960

If you feel you need additional help with preparation or support on the day of the EEG please contact Child Life services at: 215-590-2001

Other helpful resources:

- **Autism speaks EEG toolkit**
- **Patient family education document on EEG**
- **General EEG information at www.chop.edu/services/electroencephalogram-eeg-testing-children**