



## **What to expect when coming for an overnight EEG:**

- Please arrive no later than 7:00 pm. The EEG lab is at Kennedy Krieger's **707 N. Broadway** location
- You can drop off any luggage and supplies in front of the door on Broadway and park in the garage located on Ashland Street. You may request an escort from the security officer who is located in the parking garage.
- The security desk is located right inside the front door; the guard will instruct you where to go once you arrive.
- Upon entering the lab, you and your child can make yourselves comfortable, watch TV or a movie, and follow any bedtime rituals you have. Snacks are OK. You can give bedtime medications at this time.
- The technician will try to keep the setup process as close as possible to your child's bedtime.
- The set-up includes 21 electrodes being placed on your child's head. We do not use glue. This does not hurt at all. The technician will make an attempt to place the electrodes while your child is awake; if this is not possible, she will wait until your child falls asleep.
- There is a recliner in the room to accommodate one parent to sleep with your child. It is mandatory that at least one parent stay in the room for the entire study.
- The test will end in the morning between 5:30 and 6:00 am, unless your doctor has made other arrangements. You may request an escort back to the parking garage from the security officer located at the front desk.
- Your child's hair will be messy after the study, so you may want to plan to take them home and wash their hair before taking them to school

We know that every child is different, and we value parents' knowledge of their child to make everything work as smoothly as possible. We take a lot of pride in working with parents to make this experience a positive one. Please let the technician know of any suggestions or concerns.

Before your appointment, please see our website at <http://eeg.kennedykrieger.org/> for additional information.



Kennedy Krieger Institute

## How to prepare for your overnight EEG:

- We want your child to sleep soundly during the EEG. It will be very helpful if you
  - **sleep deprive** your child the night before the study—keep him/her up an extra 2-3 hours the night before the EEG and wake him/her up 1-2 hours early that morning.
  - It is very important to **avoid naps** on the day of the EEG.
  - Please **avoid giving your child caffeine** or stimulants (such as soda, chocolate or junk food) prior to the study.
  - Give all medications as you regularly would.
- A good EEG requires that the scalp be clean. Please **wash your child's hair** the day of the EEG. **Do not use any conditioner, oil, lotion, gel**, or any other hair products. If possible, please take all hairstyles, dreads and hair ties out. Braids and cornrows are OK.

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## Kennedy Krieger Institute

### What to bring to your overnight EEG:

- Please bring everything you would need at home for a regular night. This may include
  - **Pajamas**
  - **Diapers, Milk and Bottles**
  - **Special toys, blanket, pillow or stuffed animal**—anything that will make the experience most comfortable for your child
  - Any **rewards** you may use for when your child behaves well during the test
- We have a DVD player and a VHS video machine. Please feel free to bring a **favorite movie**.
- You may bring **snacks**, if you would like.
- If your child requires **medications**, be sure to bring them and administer them as you would at home.
- Please bring all **medical equipment** that you will need, including feeding tubes/pumps, monitors, or ventilators.
- The overnight EEG is an outpatient procedure. This means that no nursing care, equipment, medications, or food will be provided by Kennedy Krieger during your stay.
- If you have any **questions ahead of time, please call (443) 923- 9150**, and you will be directed to the appropriate person.
- The results will be sent to the doctor who referred you, usually within one week. Please call your doctor's office in about one week to get the test results.

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