



## **What to expect when coming for a routine / extended EEG:**

- Please arrive 30 minutes prior to your scheduled time to allow time for registration. The EEG lab is at Kennedy Krieger's **707 N. Broadway** location.
- The security desk is located right inside the front door; the guard will instruct you where to go once you arrive.
- Once you are in the lab, you and your child can make yourselves comfortable, watch TV or a movie. Snacks are OK.
- The technician will try to keep the set-up process as brief and comfortable as possible.
- 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.
- Routine EEG's last between 30 and 60 minutes in duration. Extended EEG's last between 2 and 3 hours in duration.
- There is a recliner in the room to accommodate one parent to sit with your child. It is mandatory that at least one parent stay in the room for the entire study.
- 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 for them and for their child. 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 EEG:

- We want your child to sleep 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 the morning before the EEG.
  - 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.
- 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 EEG:

- Please bring everything you would need at home for your child to be comfortable. This may include:
  - **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 EEG is an outpatient procedure. This means that Kennedy Krieger will provide no nursing care, equipment, medications, or food during the study.
- We try to keep the setting in the lab as close to what our patients are used to at home. We have found that bringing the items mentioned above help to make them feel comfortable.
- 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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