

WHAT IS AN EEG?



EEG BASICS

An EEG, or electroencephalogram, is a way to see the messages your brain sends to your body. Wires are put on your head and connected to a computer that will record the messages. This will help your doctor learn more about your body's health.

STEP ONE

Your EEG technician, or tech, will use a paper measuring tape to measure all around your head.



STEP TWO

While they are measuring, your tech will mark spots on your head and forehead with a soft, skin-safe crayon. You will feel some light pushing as they draw on your skin.



STEP THREE

Next, your tech will wash each of the spots they marked on your head and forehead. They will use a long q-tip to scrub with soap. This might feel scratchy against your skin.



STEP FOUR

Now your tech will place small, silver circles attached to colorful wires on each of the spots they washed. They will use a white gel to help the circles stick to your skin. A small piece of tape will be placed over the top of the circles.



STEP FIVE

Your tech will put a soft, cloth wrap around your head to keep everything where it needs to be.



STEP SIX

The wires are attached to a computer that will record the messages your brain is sending. Your tech will ask you to do things like open and close your eyes, take deep breaths, or look at flashing lights to see how your brain sends different messages.



STEP SEVEN

Your doctor will decide how long your EEG will last. Sometimes it will end after a short time and sometimes you may need to sleep overnight in the hospital. Once the EEG is over, the tech will take the wrap, stickers, and circles off your head.



HELPFUL HINTS

While you are getting your EEG, you can ask for a mirror or use the camera on a phone to watch the tech work. You can choose to sit up or lay down, hold a grownup's hand, watch a movie, or play a game on a phone or tablet.

