

Further information

If you have any questions please telephone clinical neurophysiology on:

020 7288 5317 / 020 7288 5379.

Monday to Friday, 9am - 4pm.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 21/10/2020
Review date: 21/10/2022
Ref: EIM/Neurophys/EEGfC/01

© Whittington Health
Please recycle



Tests of the brain function

Electroencephalogram (EEG) for Children

A parent's guide



Introduction

In the clinical neurophysiology department we do various tests which record the electrical activity of the brain and nervous system. These tests are usually done at the request of a doctor to assist them in the diagnosis of your problem.

What is an EEG (electroencephalogram) test?

An electroencephalogram (EEG) is a test that measures the electrical activity in the brain (brain waves). Small, round discs with wires (electrodes) are placed on the scalp during the test. The electrodes are not painful to your child. An EEG usually takes about 60 to 90 minutes.

Your child may be asked to do some deep breathing, and/or look at a flashing light, as part of the test.

What is an EEG?

An EEG can be used to help diagnose and monitor a number of conditions affecting the brain.

It may help identify the cause of certain symptoms – such as seizures (fits) or memory problems – or find out more about a condition you've already been diagnosed with.

The main use of an EEG is to detect and investigate epilepsy, a condition that causes repeated seizures. An EEG will help your doctor identify the type of epilepsy you have, what may be triggering your seizures and how best to treat you.

Less often, an EEG may be used to investigate other problems, such as dementia, head injuries, brain tumours, encephalitis (brain inflammation) and sleep disorders, such as obstructive sleep apnoea.

Preparation for an EEG test

- Please ensure your child's hair is clean with no oil, wax, cream or spray used on the head.
- Your child can take medicines, and eat and drink as normal. Please bring a list of the medicine they take when you come for the test.
- It is a good idea for your child to bring along a favourite toy and a drink.
- For part sleep deprived tests please reduce your child's time asleep by several hours the night before the test and keep them awake on the journey to the hospital.
- If your child has been prescribed Melatonin to aid sleep we ask that they wake a few hours earlier than usual on the day of the test. The Melatonin will then be given before the test preparation begins.

Results

All signals for these tests are recorded and stored on a computer. They are later analysed by a consultant and the results sent to the doctor who requested the test, usually within 7-10 days.

Transport

If you require hospital transport, please contact the transport department between 4 weeks and 2 days before your appointment on **0333 240 4909** to find out if you can apply for this service.

Understanding English

If you would like an interpreter to be with you for the test, you must contact the department at least ten working days before your test. This is so that we can book an interpreter for you.