

Getting your child ready for their EEG.

- Brain wave patterns are different when your child is awake and asleep. We would like to record both so it's useful to be naturally sleepy before the EEG.
- Infant's should miss naps or wake up earlier prior to EEG. Children should go to bed 2 hours later than usual, and wake them up 2 hours before their normal rise time in the morning.
- Make sure your child is tired enough to fall asleep during the test, for example no naps prior to appointment, wake them up early, or schedule your appointment around nap times.
- For younger children please bring comfort items, diapers and a bottle of milk or juice to make your child comfortable. These items will not be provided.
- Take all medications as directed by your physician except ADHD medications. Address any questions regarding specific medications with your doctor i.e., ADHD medications.
- Your child may eat their regular meals prior to appointment.
- Wash and dry hair before the EEG, and NO hair products should be used.



Outpatient EEG

Where: 8001 Frost St, San Diego, CA 92123
Entrance # 9

What is an EEG: EEG records the electrical activity of the brain.

- EEG is safe and painless.
- An EEG test will take approximately 1hr 30min, and is performed by an EEG technologist.
- Sometimes children try to remove electrodes. We may need a parent or guardian to help hold your child.
- Your technologist will apply 27 electrodes with a paste to the head, this paste will wash out with normal shampoo and water.
- EEG recording will be interpreted by a neurologist, but you will not see a doctor during this appointment.

What to do before EEG

- Bring proof of insurance and a valid ID.
- Please ask for parking validation at the EEG registration desk.
- Please call as soon as possible if:
 - Your child is ill or you cannot make your appointment. We can reschedule and use this time for another patient.

(858) 966 – 1700 ext: 5805

Please bring this instruction sheet with you.

Arriving for your appointment

- Please arrive on time for your child's appointment.
- Enter through Entrance # 9
- Ask to be directed to the EEG department:

3rd floor Nelson Building.

