



I am getting an EEG.



A note to caregivers:

This book will detail the steps of an EEG at Rady Children's Hospital.

- This book was written for patients of different ages and language levels. Not all sections will apply to your child. Read this first and choose what information you think will be helpful.

In this story we refer to an EEG as “rainbow wires” and gauze as a “special hat.” You can determine which language is best to use for your child.

- Some children benefit from a reward after an EEG. Please see the customizable visual on the last page of this story. This is one way to present the idea of a prize/reward to your child (e.g., “First rainbow wires, then [insert prize here]”).

If your child would benefit from distraction during the EEG, please work with your child’s medical team to determine what is safe to use. You may consider bringing a sensory/comfort item with you.

If your child is having difficulty remaining still, it can be helpful to count or sing a song for the duration they need to stay still. Your child may also benefit from practicing this at home.

We also recommend filling out the Autism Friendly Questionnaire in preparation of your visit. If you have trouble filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment. See QR code for details.

- If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team



I am going to the hospital to get an EEG.

An EEG is a test that tells the doctor how my brain is working.



First, we will park the car.

After we park the car, we will walk to the hospital.



I will check-in at the front desk.

The front desk will give me a bracelet to wear with my name on it.



Now I will wait until my name is called.

I can *[insert preferred activity here]* **while I wait.**



Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

When my name is called, I will walk to a new room with my [caregiver].

We will walk down a long hallway together.



The room will have a bed and computer.

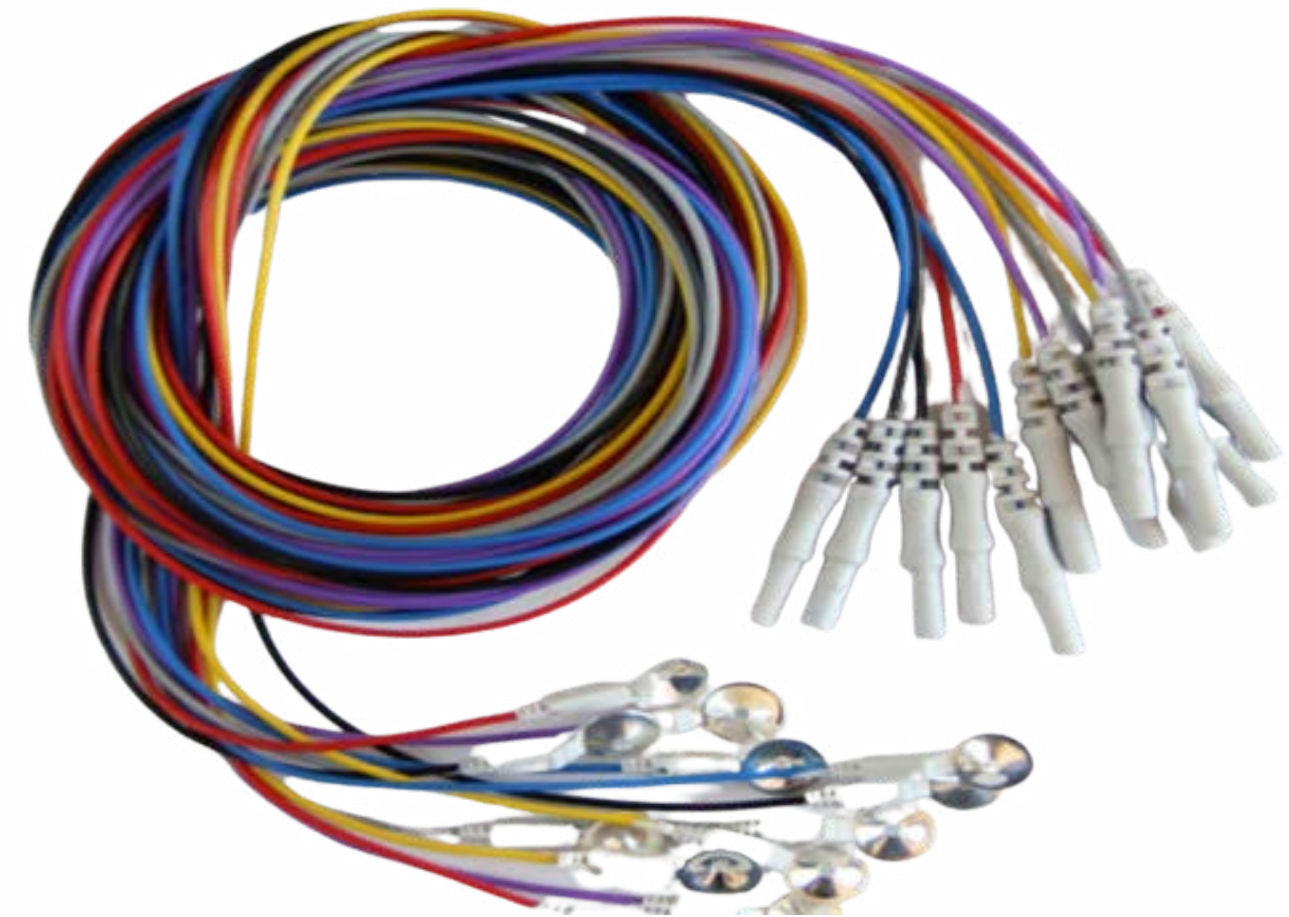


Now it is time for my EEG.

An EEG is a computer with rainbow wires/strings that shows the doctor how my brain works.

The nurse will show me the cool rainbow wires/strings before we start.

I can touch them if I want!



I will lay down on the bed.
I can *[insert distraction item here]* **while I wait for the EEG to start.**

Note to caregivers: We recommend bringing a toy or other activity for your child to use as distraction for the duration of the EEG.



**The nurse will put some gel
onto a towel by my head.**



**The nurse will clean my head
with special soap and a Q-tip.**

The Q-tip is soft.

**It will feel cold and wet on my
head.**



Next, the nurse will be gentle and put the gel on my hair.

The gel will feel cold.

I will keep my body calm and still.



Now the nurse will put stickers/tape on my head.

The stickers/tape might tickle.

The stickers will connect to the rainbow wires/string.

I will keep my body calm and still.

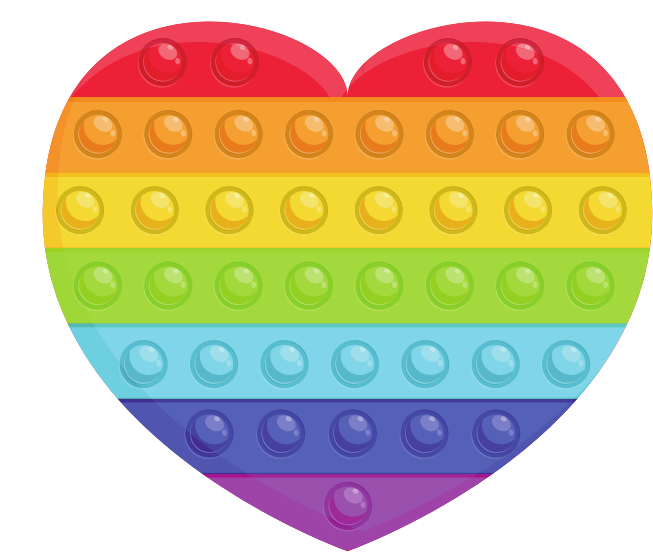
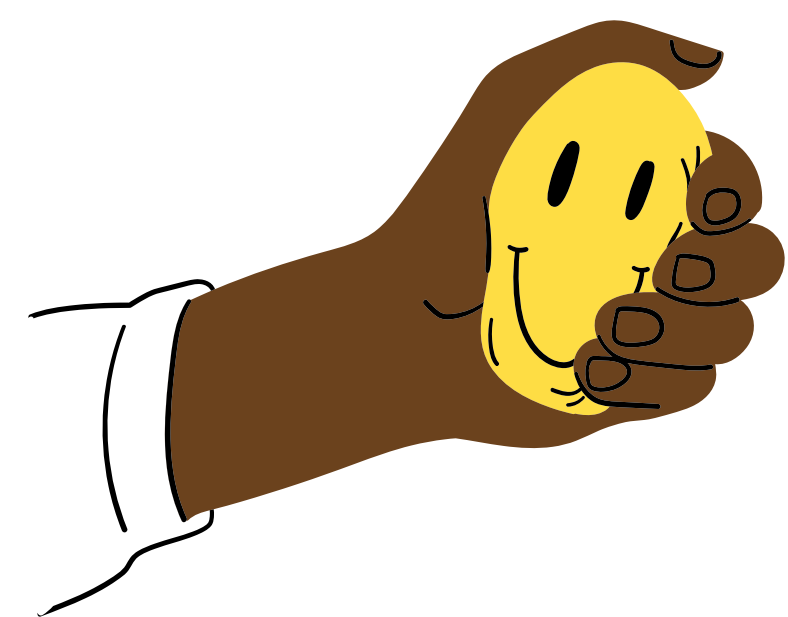


Then the nurse will wrap my head with a soft cloth to make a hat.

The hat helps the wires and stickers stay on my head.



I can [insert distractor here] while the nurse finishes the test.



Note to caregivers: We recommend bringing a toy or other activity for your child for the duration of the EEG.



Next the nurse will turn on a flashing light!

The lights will be bright.

I will look at the flashing lights for 3 minutes.

I might have to blow on a pinwheel too.



Note to caregivers: Using a timer might be helpful for some children.

When I am done, the nurse will remove the hat and rainbow wires/strings.

Next they will wipe the gel off my head.



I did a great job with my EEG!

I am all done!

Now it's time for [insert child's preferred activity or reward].

Note to caregivers: It may be helpful to identify a reward your child can earn after completing the EEG appointment. Make sure to bring this with you to the appointment.



The End

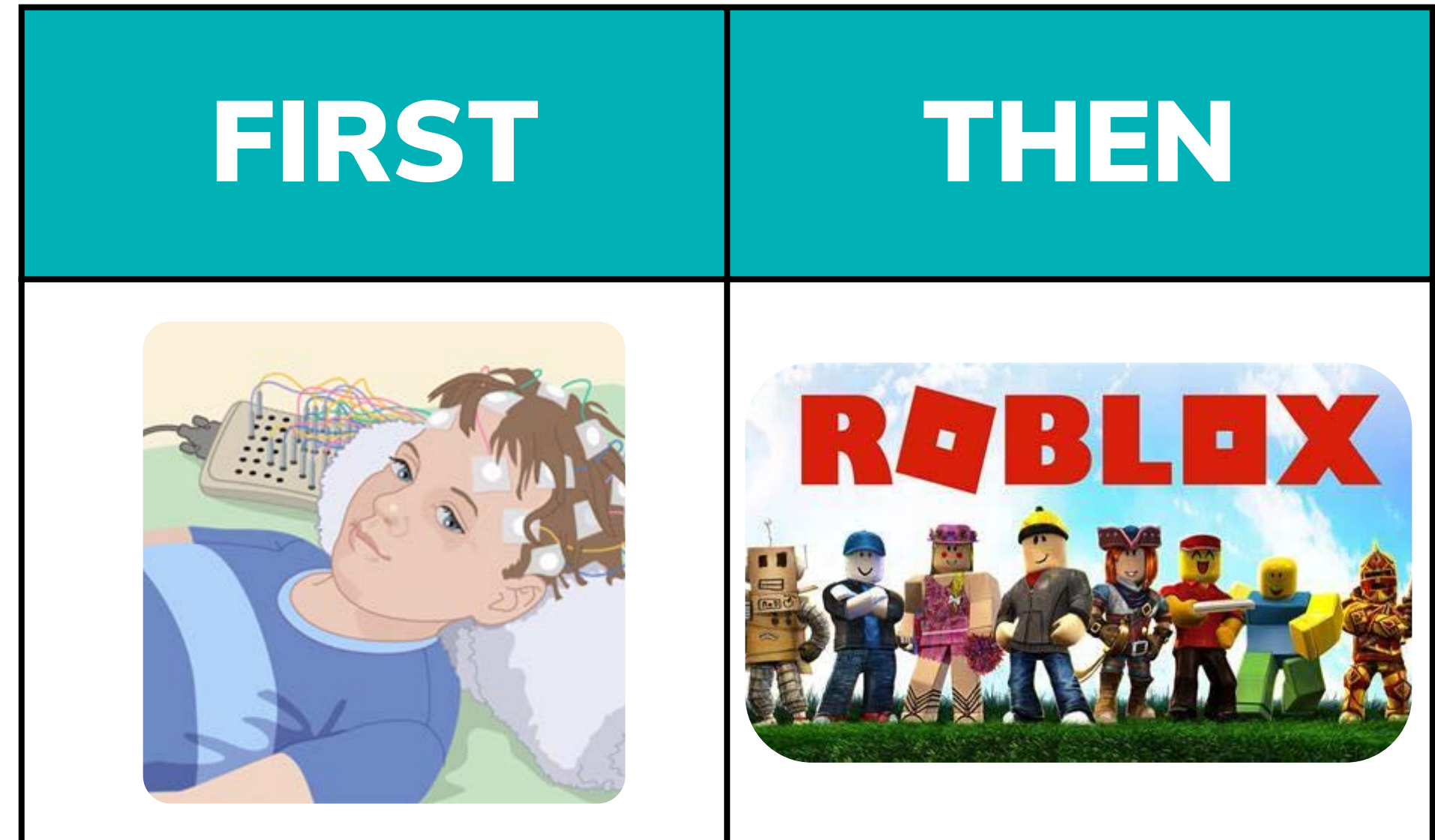
Note to caregivers: Please review the following pages for additional visuals that may be utilized to prepare for the visit.



Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after an EEG. Please use the template on the next page and add your own picture of the reward your child is earning under the word, **“then.”**

You can present this by saying, **“First rainbow wires, then Roblox.”**



FIRST

THEN



“First rainbow wires, then _____.”



Caregivers:

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

□ □ □ □ □ □

= □



Visual Schedules

If your child benefits from the use of visual schedules, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, you will lay down on the bed.

Next, they will clean with special soap and a Q-tip.

Now the nurse will put the gel in your hair.

Then they will put stickers/tape on your head.
The stickers will connect to the rainbow wires/string.

Next, they will wrap your head with a soft cloth to make a hat.

Then the nurse will turn on a flashing light!

You are all done. Time to take off the hat and clean your head.

