

Your Child's Sleep-Deprived EEG Outpatient Appointment *(page 1 of 2)* **Sleep Deprived EEG (Electroencephalograph)**

This is a test and not a treatment. This records the electrical activity of the brain using small discs (electrodes) on the head. It is painless and takes about 90 minutes. It is like a routine EEG except that your child should be as sleepy and tired as possible so they are able to fall asleep during the test.

How to prepare for your child's appointment

- Please keep your child up as late as possible the previous evening and wake them as early as you can on the morning of the test, allowing minimum amount of sleep. This amount will vary according to the age of your child and their individual sleep requirement. We leave it to your discretion.
- Meals, drinks and medications are all to be taken as normal and your child should NOT be hungry.
- If your child has asthma that requires an inhaler, please bring it with you.
- Your child's hair should be freshly washed and free from any kind of hair products.
- If your child has a particular toy/blanket they take to bed with them, please bring it with you for the test as it may help them to feel more comfortable.

What will happen at your child's appointment

Up to 25 silver discs (electrodes) will be attached to your child's head and they will be encouraged to lay on a couch where hopefully they may sleep while readings are taken on a computer. If your child is very young you can hold them on your lap during the test.

How are the electrodes attached?

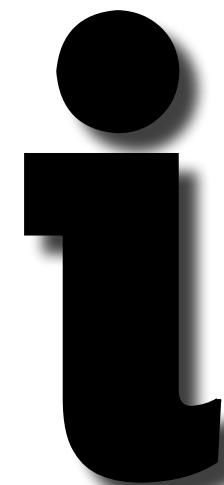
The electrodes look like little buttons. We need to rub the scalp with gritty paste using a cotton bud and then attach the buttons with a sticky paste. The paste washes off really easily.

How many buttons are there?

Up to 25 buttons – the more the better.

Department of Clinical Neurophysiology

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If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Where do all the buttons go?

The technician might use a tape measure and mark the head with some little blue or red crosses with a pencil. We will remove these after the test.

Result of the test

The recording is analysed by a Consultant Neurophysiologist and a report is sent to the GP or Consultant who referred your child. The result is not available on the day of the test.