

EEG is most useful to investigate probable clinical seizures. EEG yield is reduced for other indications. Please consider referral for a neurological evaluation prior to EEG. If you would like to book an EEG for your patient, please fax (02) 9805 3199 or email your completed form to sleep@woolcock.org.au. Our staff will contact your patient with the next available appointment.

Please note that the Woolcock Clinic is a fee-charging private clinic.

REQUEST

Urgent

Routine

Routine EEG

Prolonged EEG (3 hours)

Overnight EEG

Overnight PSG

PATIENT DETAILS

Name: _____ Date of Birth: _____

Phone No: _____ Email Address: _____

CLINICAL DETAILS:

Relevant history, findings and investigations, and management; any other significant medical illnesses:

DETAILS OF EVENTS:

PROCEDURE CONSIDERATIONS:

Medications, sleep issues, behavioural concerns, anxiety etc:

REFERRING DOCTOR INFORMATION:

Date: _____ Provider No: _____ GP Specialist

Referring Doctor: _____ Signature: _____

Practice Name: _____

Phone No: _____ Fax No: _____

Email Address: _____

Address: _____

Visit our website (woolcock.org.au/referral) to download our other referral forms and to learn more about our services and specialists.

PAEDIATRIC EEG - INFORMATION FOR PARENTS AND PATIENTS

An electroencephalogram (EEG) is a safe and pain-free test that records the electrical activity of the brain. The information is recorded on a computer and interpreted by a paediatric neurologist.

Why does my child need an EEG?

Your child's doctor may request an EEG to find out what's going on in the brain if your child has abnormal movements, seizures or sleep problems.

What to expect with an EEG

An EEG is not painful or harmful. It records brain activity, not thoughts or dreams so it is important to reassure your child that this does not occur.

During setup, your child will not feel anything other than their scalp and hair being touched.

Preparing for an EEG

- Wash your child's hair the night before the EEG. They need to have clean, dry hair with no products applied (e.g. oil, mousse or gel). Please make a new appointment if your child has lice as the test cannot go ahead.
- If your child has recently had chicken pox, they must be completely better before their EEG.
- Ideally, your child will need to be fairly still during the recording. The EEG technologist is experienced in helping children of all ages to relax, and distractions such as toys and DVDs are encouraged. Younger children may benefit from dummies, bottles and other comforters, so remember to bring these to the appointment.
- If your child has special needs or you think they may not be able to cooperate with the procedure, please contact us to discuss your concerns and the best course of action.
- If your child is prescribed an emergency rescue medication for seizure management (like Midazolam), bring it with you to the EEG appointment if possible.

Before the EEG

- If your child has seizures in specific situations (e.g. during sleep) please speak to your doctor or clinic staff about the implications for the EEG.
- It may be possible to provoke a seizure episode during EEG recording, which is beneficial as this will provide the most useful information.
- The EEG technologist will ask a few questions about your child even though you may have already given this information to your doctor.

During the EEG

The EEG procedure will be performed in accordance to standard paediatric guidelines as followed by The Children's Hospital at Westmead (CHW) and Sydney Children's Hospital, Randwick (SCH). You are welcome to stay in the recording room during the EEG if you wish. Babies and young children can be held in their parents' lap during the test. It is important to arrange for another adult to look after

any other children while the recording is being done as they cannot stay in the room.

- Your child will sit in a chair or be held by you.
- After explaining the procedure, the technologist will measure your child's head and assess where electrodes (small metal discs) will be placed.
- The technologist will clean these areas lightly before placing the electrodes (about 20 of them) on the scalp. The electrodes will be kept in place with a sticky paste and some light tape. The paste is easy to wash out of hair after the test.
- Your child needs to remain reasonably still during the test.
- Children old enough to cooperate will be asked to open and close their eyes, hyperventilate and look at a controlled flashing light. These activities try to stimulate the brain and bring on seizure-like activity.
- A video is recorded in case a seizure episode occurs. This gives the neurologist an accurate visual record along with the EEG recording. If no events are recorded, the video is deleted.

EEGs during sleep

Sometimes doctors will request an EEG to be performed while your child is asleep. If they are young and still having morning or afternoon naps, skip the nap before the EEG. If they are older, you will be given instructions to follow when you make the appointment. Please do not let your child sleep on the way to your EEG appointment. Sedation is not used to help your child get to sleep for an EEG.

How long will the EEG take?

The test usually takes about an hour, but may take longer, especially if a sleep recording is needed.

Are there any risks associated with EEGs?

EEGs are very safe. The electrodes record activity – they don't stimulate the nerves or send any electricity into the brain. There is no risk of an electric shock and no side effects. EEGs don't involve X-rays or pain. If stimulated, an EEG can cause a seizure in a child who has a seizure disorder, but our experienced staff know what to do in these circumstances. Talk to your doctor about any risks associated with EEGs and any concerns you have.

When will I get the results?

The EEG technologist cannot tell you the results, and administration staff will not provide results over the telephone. You must make arrangements with your doctor to receive the results, allowing at least 3-5 working days for the report. In urgent situations, or if an abnormality is seen on the EEG, the reporting neurologist will contact the referring doctor as soon as the EEG is done to give a verbal report.

Is there a fee for my child to have an EEG?

Out-of-pocket charges will apply as this is a private service. For further details please speak to one of our reception staff.