

Peabody Outpatient EEG Visit

My Hospital Story



Boston Children's Hospital

April 2016

I am going to Boston Children's at Peabody for an EEG.



On the night before my EEG, I get to stay up late and wake up very early in the morning, so that I am very tired and I can sleep during part of my test.



On the day of the EEG, I will go to the hospital with my family.



We will go in the main lobby. We will walk up the stairs or take the elevator to the 2nd floor.



When we get to the 2nd floor we will walk through the big glass doors.



Next we will walk to the front desk and stand very still while my parents tell the front desk worker we have arrived. Then we will wait until I hear someone call my name.



When it is time for my EEG, a technologist will bring us to a different room.



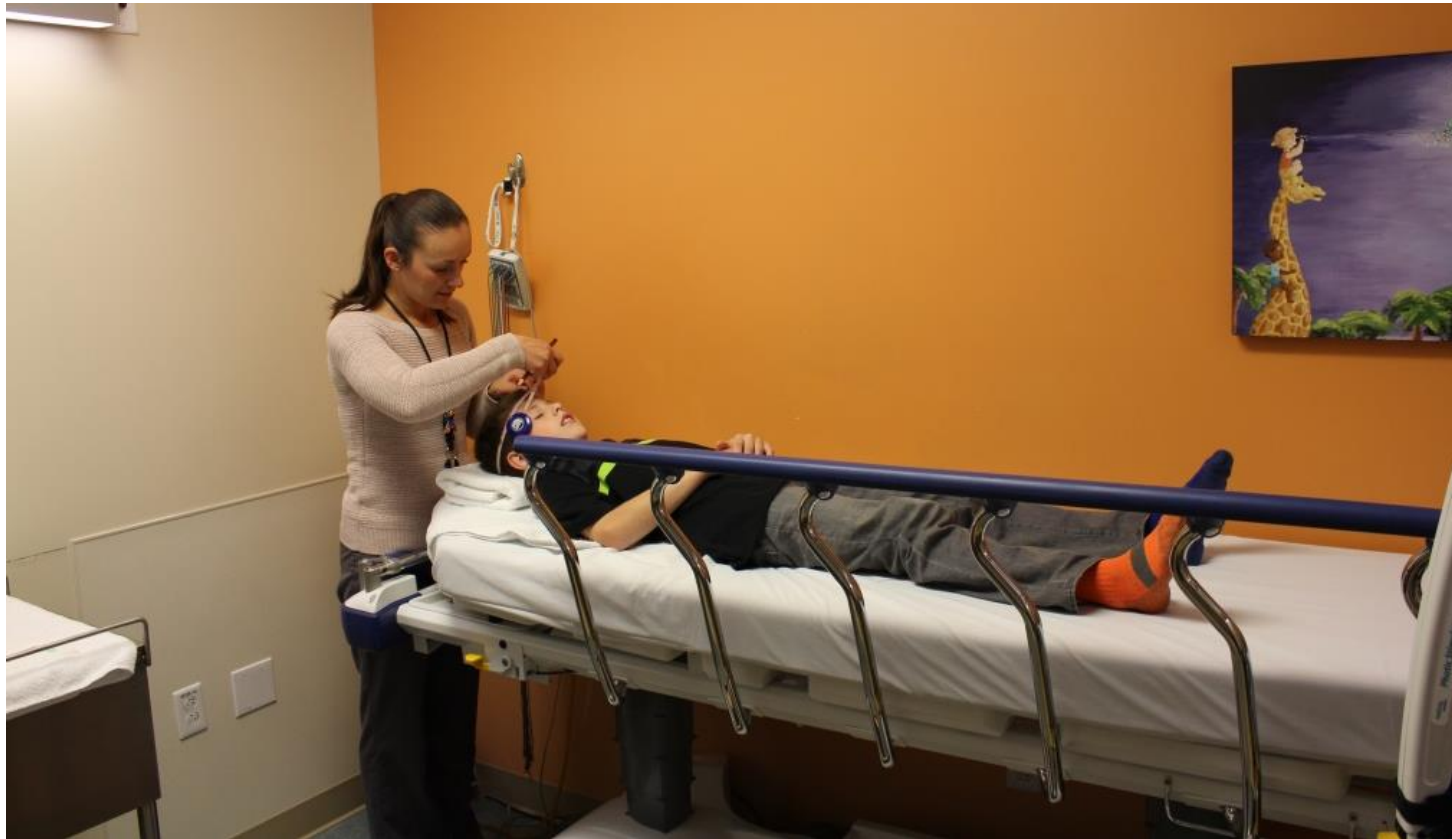
The technologist will have me lie down on the bed.



The technologist is the person that will help with the EEG. He/she will explain how the EEG works and then we can start!



First, the technologist will measure my head with a tape measure. I will keep my body very still.



Next, the technologist will draw dots on my head with a soft crayon to mark where the electrodes will go.



The technologist will use a Q-tip and soap to rub off the crayon dots. The soap will feel sandy.



Next, the technologist will place electrodes (small gold discs with colorful wires) on my head.



While he/she is putting the electrodes on my head, I can look at my toy or watch a movie. I can remember to stay still the whole time so the electrodes don't move.



The technologist will use special glue and tape to help the electrodes stay in place.



After the electrodes are on, the technologist will wrap my head with soft gauze.



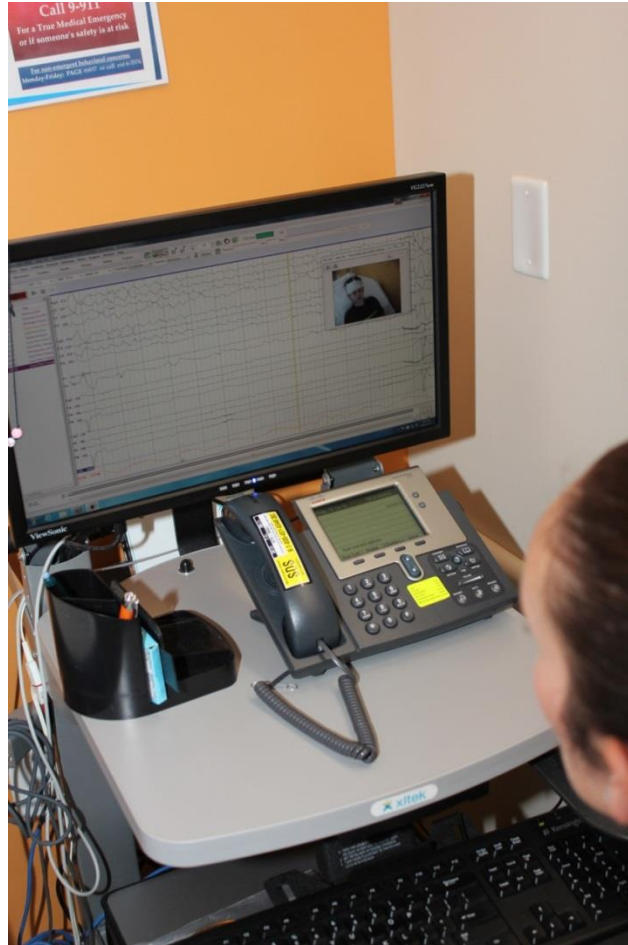
I will lie down on the bed and my parents can stay with me. I can sleep, look at my toy, or watch a movie during the EEG.



If it is hard for me to stay still on my own, the technologist might wrap my body in a sheet to help remind me, but this is ok. I will be safe.



The camera and computer will learn about my brain when I follow the directions. I will need to be still and calm for 30 minutes or 1 hour.



The technologist will also have blow into a pinwheel.



The technologist will ask me to look at a flashing light. He or she might ask me to open and close my eyes.



When the EEG is over, the technologist will take off the electrodes using special shampoo.



The shampoo might smell funny, but it will make my head clean again.



I am all done with my EEG. Everyone will be so proud of me for keeping my body calm and following.



When the EEG is all done we will take the elevators or the stairs to the 1st floor.



Then we will leave through the lobby and we can go home.



Developed By:
Autism Spectrum Center & Child Life Services