I’m getting ready for my overnight visit to Boston Children’s Hospital. During my visit, I will get an EEG.
First, the technologist will come to my room.

They will explain how the EEG works.
Then, the technologist will have me lie down on the bed. I can look at a toy or watch a movie. I can remember to stay still so the buttons don’t move.
Next, the technologist will measure my head with a tape measure.
The technologist will draw dots on my head with a soft crayon to mark where the electrodes will go. The electrodes look like small buttons.
Next, the technologist will use a Q-tip and soap to rub off the crayon dots. The soap might feel sandy.
Next, they will place electrodes, or buttons, on my head.
The technologist will use special tape to help the buttons stay in place.
I may even have some on my chest or on my chin!

This is OK.
Next, the technologist will wrap my head with soft gauze.
They will put an electrode hat on my head.
It’s very important that I keep my electrode hat on. Everything I need will be in a blue backpack.
I can play, eat and sleep while I have my electrode hat on.
The technologist will tell me when it is time to take my electrode hat off.

Everyone will be so proud of me!