

EEG – Outpatient Routine

My Hospital Story



Boston Children's Hospital

September 2025

I'm getting ready for my visit to Boston Children's Hospital for an EEG. This test helps my doctor learn more about my brain.

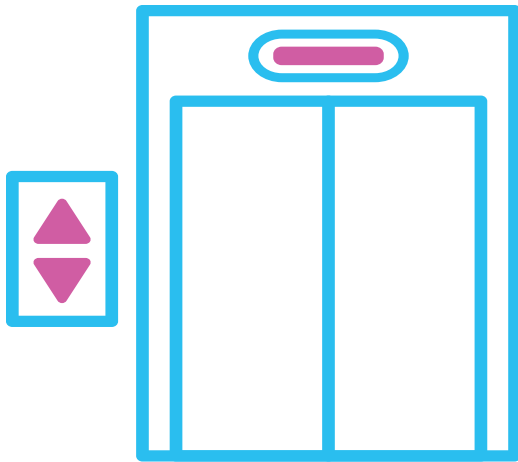




First, we'll
walk into the
hospital.



Then we'll take the Fegan elevator to the 9th floor.



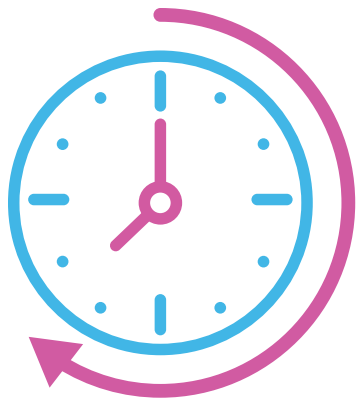


Next, we'll talk
with someone at
the front desk.

I'll get a bracelet
with my name on it.



We'll wait for my name to be called. I can sit or play quietly while I wait.





When it's my turn,
a technologist will
call my name.

We'll walk to a
new room.

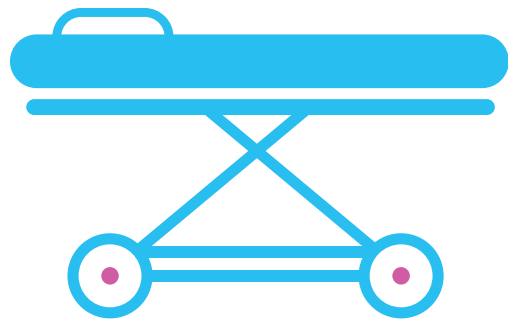




Next, the technologist will talk with me and my caregiver about the EEG.



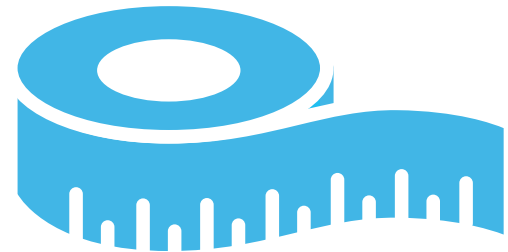
When it's time to start the EEG, I'll lie down on the exam bed.





The technologist will measure my head with a tape measure.

I'll keep my body very still.

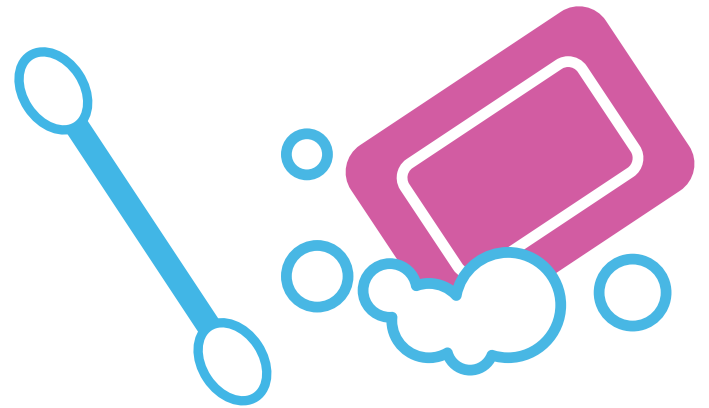


Next, the
technologist will
draw dots on
my head with a
soft crayon.

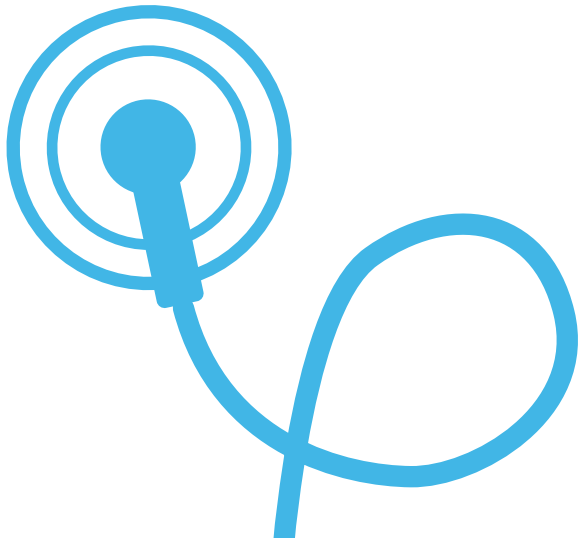




The technologist will use a Q-tip and soap to clean my head. The soap might feel sandy.



Next, the technologist will place electrodes on my head. The electrodes look like small buttons.

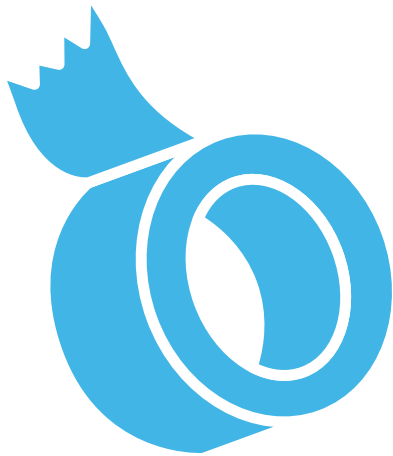




I can play with a toy or watch a movie while the technologist puts the buttons on my head.

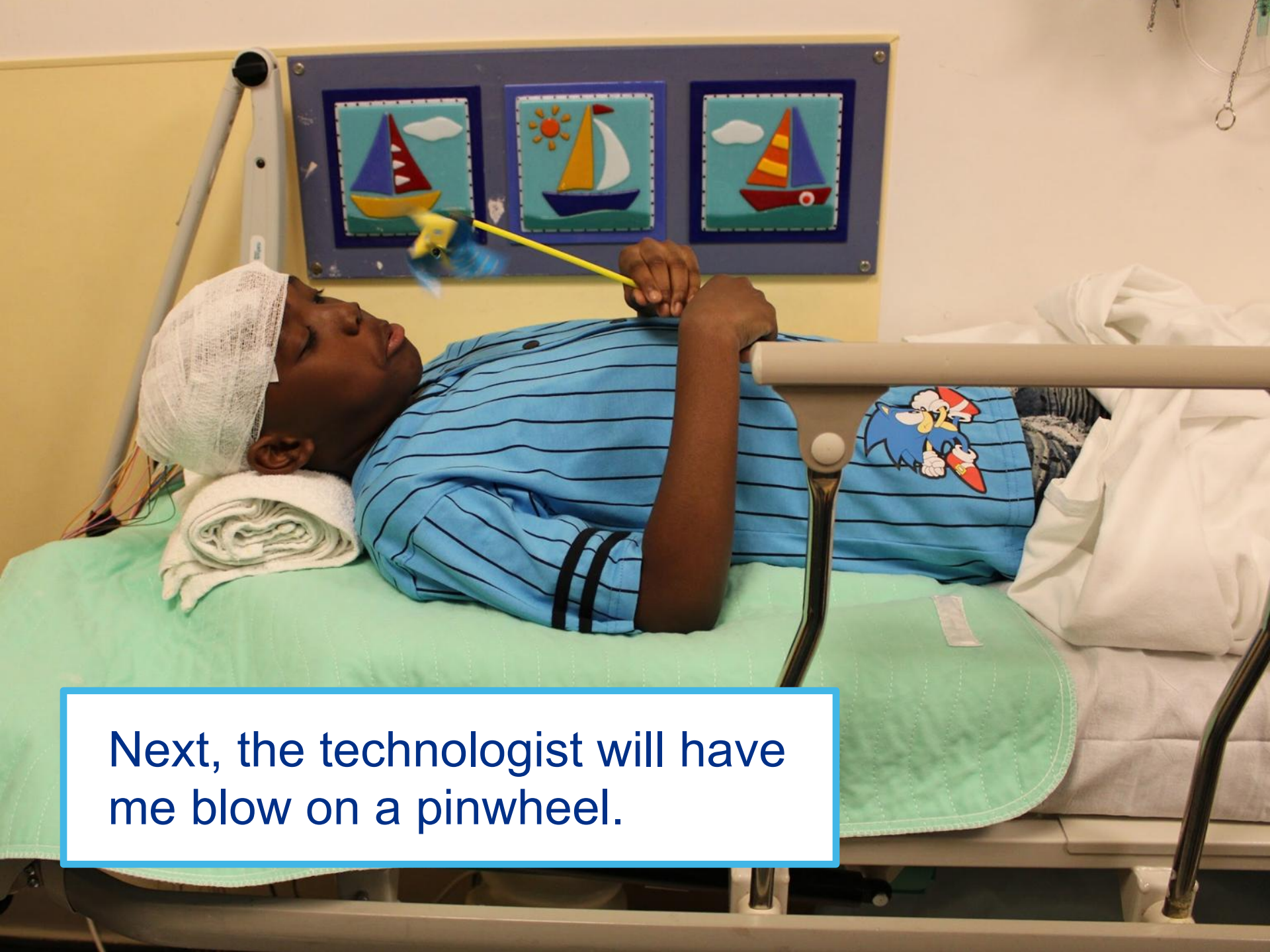


The technologist will use special tape to help the buttons stay in place.



When all the buttons are on, the technologist will wrap my head with soft gauze.





Next, the technologist will have me blow on a pinwheel.



Next, I'll look at a flashing light. The room will be dark. The technologist might ask me to open and close my eyes.



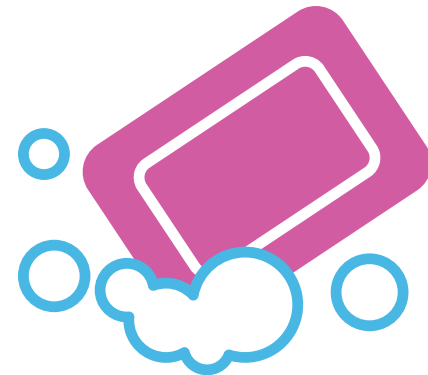
Now it's time to sleep or relax. I can have a blanket and turn the lights off to help me rest.

zZz



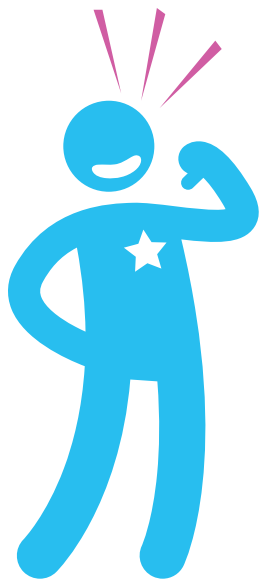


When the test is all done, the technologist will take off the buttons using special shampoo.



I'm all done with
my EEG.

Everyone will be
so proud of me!



Developed by:

Autism Spectrum Center & Child Life Services