

# Visiting the Hospital for an EEG

## Series 1

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Sometimes doctors need to see how my brain is working. When that happens, they might want me to do an ‘EEG.’ EEG stands for electroencephalogram (ee-leck-tro-en-ceff-lo-gram). Doing an EEG lets doctors learn more about how my brain helps me think, move, and feel.



When we get to the hospital, we may check in at a desk and then wait for my turn. If I want, I can bring something special from home to help me feel calm, like a stuffed animal, fidget toy, or small blanket.

When it is my turn, we will meet the EEG technologist. The technologist is a someone who knows how to do EEG tests. They will explain each step and help me feel comfortable. If I have questions about the things they do, I can ask them.



For the EEG, we will go into a quiet room with lights, a bed or chair, and a computer.

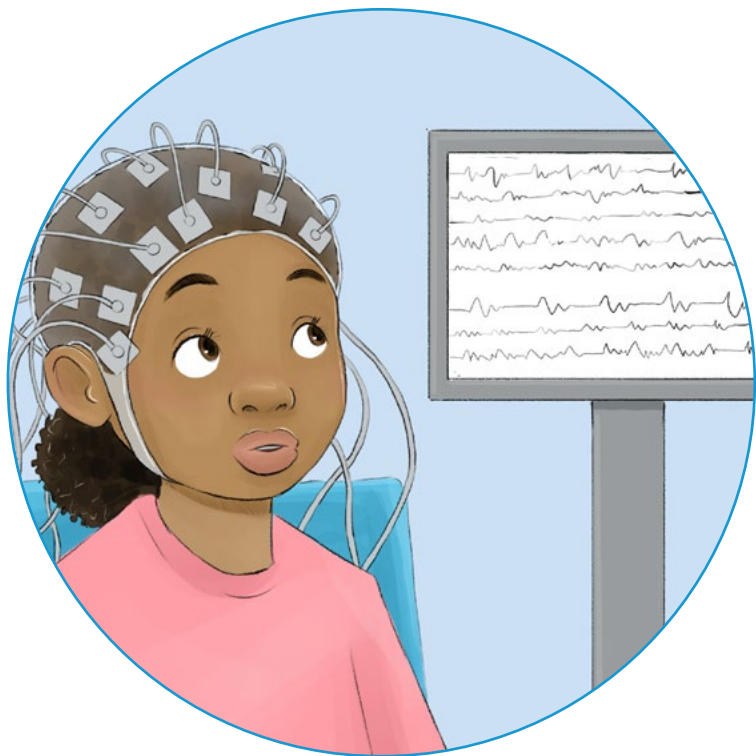
The EEG technologist might ask me to sit or lie down.

The EEG technologist will clean small spots on my head with a soft scrub or gel. This might feel cool or sticky, but it will not hurt.



Then, they will place small sensors called electrodes on my head. The electrodes look like stickers with little wires attached. The electrodes help record my brain's signals.

The EEG technologist also might wrap a soft stretchy band around my head to help keep the sensors in place.



Once the electrodes are on, I will sit or lie still while the machine records my brain waves. The room will be quiet so the EEG can collect good information. I might see a computer screen with lines moving up and down—that is my brain working!



Sometimes, the EEG technologist will ask me to open and close my eyes, take deep breaths, or look at flashing lights. These steps help the EEG technologist see how well different parts of my brain are working. If I need a break or feel uncomfortable, I can tell the technologist or my grown-up.



It is important to stay as still as I can so the test works well. I can take slow breaths, hold my comfort item, or I can think about something fun I will do later. If I start to feel worried, I can squeeze my hands gently, listen to soft music if allowed, or think about places I like.



When the EEG is done, the technologist will gently remove the electrodes and clean my hair. My hair might feel a little sticky, but I can wash it later at home.

When my EEG is finished, I can feel proud for helping the doctors learn more about how my brain works! I did something important for my body and my brain!



# Autism TOOLKIT

[autismtoolkit.org](https://autismtoolkit.org)

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