

EEG (Electroencephalogram) Information Sheet – Your Inpatient Stay at the Epilepsy Monitoring Unit



What is an EEG?

An EEG is a test that is ordered by your medical team to help understand the brain activity of your child and if they have a seizure disorder like epilepsy. The goal of the EEG is to record seizure activity.

How does the EEG test work?

- Your child will have EEG *electrodes* applied to their head with a special paste
 - An electrode is a small metal disk attached to a wire that show tiny electrical charges in your brain.
- The electrode wires are connected to a small box that is plugged into our recording equipment.
- The box is placed in a bag that your child can carry with them.
 - Your child can move around the room.
 - Your child will need to remain in the hospital room throughout the entire admission.
- Video cameras in the room will record your child the entire time they are admitted.

Where is this test done?

- The EEG test is done in the Epilepsy Monitoring Unit (EMU), located in the Duque Building on the 5th floor.
- The EMU is an inpatient unit where your child will be admitted to the hospital for the time it takes to complete the study.

Who can stay with my child?

- An adult is required to stay with your child throughout the whole hospital stay.
- Only 1 adult can stay with the child overnight.
- A sleeper chair is provided for the adult to spend the night.

How long does my child have to stay in the hospital?

- Patients are admitted for different lengths of time ranging from 24 hours to 2 weeks.
- Your medical team will decide how long your child will need to stay in the hospital.
- After your test is ordered, the EMU scheduler will contact you to choose a date and time for your child's test.

Can I reschedule my child's test date?

- It is difficult to reschedule once the test date has been selected.
 - It is very important that you choose your date carefully.
- We ask cancellations only to be made if your child is too ill to come (fever, vomiting).
- If you cancel your admission, we have to obtain a new authorization from your insurance company.
 - This process may take up to 3 months before we can reschedule your next test date.

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What if I'm called and given different instructions than what the EMU scheduler told me?

- Only follow instructions given by the EMU schedulers who help you make your appointment.
- If you are contacted with different instructions by a CHLA team member, please have them contact the EMU scheduler.

Do I bring my child's medication to the hospital?

- The hospital will provide medications during the admission.
- If your child takes medication at home, please bring them with you.
 - The medical team will provide the same medications and doses to your child.
 - It is very important that you bring all medications with you including brand name medicine, hard-to-get medications, or herbal supplements.
 - These need to be brought in the original bottles with labels that show the dose.
- The hospital only carries generic medications.
 - Brand name medications cannot be given unless they are brought in original bottles with readable labels.
- Please take all prescribed medications on the morning you are admitted.
- An EMU team member will contact you and give instructions to change your morning doses if needed.
 - Most likely this will only occur for patients who will be admitted for 5 days or longer.

How does the medical team manage seizure medications during the EEG?

- Our goal is to record normal seizures, but it is possible to have seizures that are different.
 - Some seizures may last longer than normal seizures.
- We may decrease medications to help induce (bring on) seizures if your child is scheduled for a 5 day or longer admission.
- The EMU has safety measures in place to prevent long seizures in patients whose medications are tapered (slowly reduced).
- The safety measures include:
 - EEG staff monitoring the video/EEG all day and night
 - Specially trained nursing staff
 - Rescue medications ordered and available on the patient's floor
 - Physicians available in the hospital and on-call to help with questions
- If medications are tapered, we will place an IV (a needle going through the vein to give medicines through the blood stream).
 - IV is placed so the medications can be given rapidly if needed.
 - They are given in case your child has a long seizure or many seizures.

What is the room environment like?

- Each room has a bathroom with a sink and toilet.
- Showers for the parents are located outside the room in another location on the hospital floor.
 - Patients cannot shower with the EEG electrodes in place. Once the electrodes are removed, showers are available outside the room in another location in the hospital. Bath wipes will be provided upon request.

How do I keep my child entertained?

- A TV with video games and movies is available in the room.

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- A bedside table and chair are available for doing activities outside of bed.
- Mats are available for young children to play on the floor.
- Please bring your own activities such as a tablet, laptop, puzzles, board games, coloring books, or other toys your child enjoys.
- Child Life Specialists are available to provide some toys and activities if needed.

What does my child wear during the testing?

- We provide a hospital gown for your child to wear that is easy to take on and off.
- Your child can only wear their own clothes that can be removed through the arms, like with buttons or zippers.
 - They cannot wear clothing that has to be removed above their head.
 - They will have electrodes on their head that are connected to our equipment with a long cable.

Where can my child and I eat while in the hospital?

- You can bring food with you if you or your child have a special diet.
 - There is a refrigerator on the floor, but space is limited.
- Your child can order food from the CHLA menu daily.
- Parents can order a \$5 meal while at bedside. We only accept cash.
- HBO café is located on the 1st floor where you can purchase hot meals deli meals, snacks, drinks, and other items.

What resources does the hospital offer?

- Two ATMs are located within the hospital.
- The Interfaith Chapel and Meditation Room are open 24 hours a day.
 - It is located on the first floor near the Giraffe elevators
- The Reading Room is located on the 6th floor and has books for children and adults. including fiction, non-fiction, and healthcare information.
- Free wi-fi is available throughout the hospital.
- For more resource information, visit www.chla.org.

If you have questions concerning your child's admission, please call: (323)361-3088.