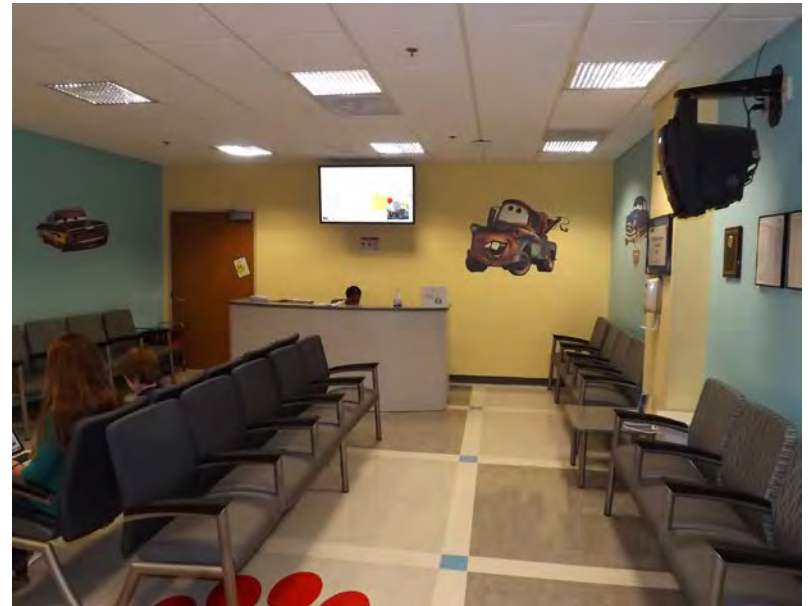


# Having an out-patient EEG at a Children's National clinic

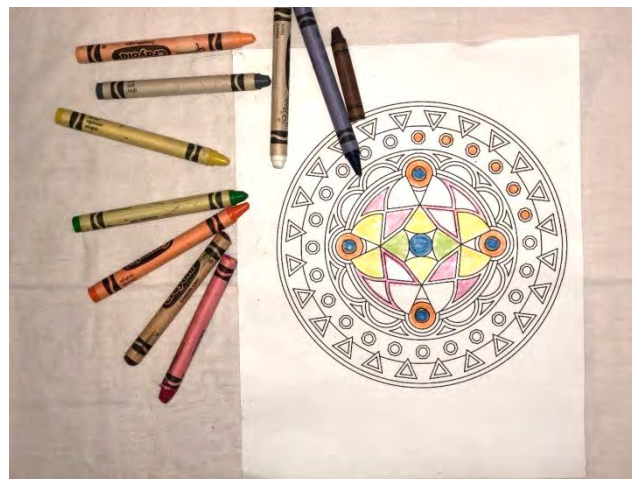


First, we will check-in at the desk in the clinic.



Then, we will wait in the waiting room.

I can bring a toy or special item to play with while I wait.



Next, my technician will call my name and we will walk to the EEG room.



I will see a computer in the room. My technician will use the computer.

In the room, my technician will help me sit or lay comfortably.





First, the technician will use a green colored cream and cotton swabs to clean areas on my head.

The cream may feel cold, but it does not hurt.

The technician will put a scoop of special paste onto their hand.



The technician will put the special paste on the end of colorful wires called leads.

The technician will place each lead onto my head, one at a time. The leads will be covered with a piece of gauze.







One lead will also be placed on my chest.

It's important I leave all the leads on my body where the technician placed them.



When all the leads are placed, the technician will wrap a strip of gauze around my head and tape the gauze in place.



The technician will place a white cap over the colorful wires and over my head, like a hat.



White  
cap



I will not touch my hat or leads.

I will stay in the room and take a nap.

I can bring my favorite pillow or blanket or teddy bear.



After my nap, the technician  
will take off the leads.

The EEG test is done!

I can have a reward and will  
leave the clinic!

To request **Child Life support** for your child's EEG visit,  
please call 202-476-3070

For additional **autism specific support or resources** for medical services, please visit the following website: <https://childrensnational.org/departments/center-for-neuroscience-and-behavioral-medicine/programs-and-services/center-for-autism-spectrum-disorders/autism-visual-toolkit>

Or contact the Autism Behavioral Communication Support program:

Phone: 202-476-2884

E-mail: [ABCconsultteam@childrensnational.org](mailto:ABCconsultteam@childrensnational.org)



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# My EEG Hospital Plan

Please tell us some of the things that your child enjoys and would help keep them calm during their stay at Children's National. The staff will help as much as possible, but items from home are often best. Please remember to pack a bag with a few of your child's favorite items from home, including snacks.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of EEG: \_\_\_\_\_

My child enjoys \_\_\_\_\_

My child does not enjoy \_\_\_\_\_

The best way to help my child keep calm is \_\_\_\_\_

In the hospital room, my child would like:

- A quiet setting, when possible
- The lights dimmed in the room
- Music to be played Type: \_\_\_\_\_
- Other: \_\_\_\_\_

During the lead placement for the EEG, my child:

- Would like the technician to explain what they are doing during the placement
- Will need help keeping their hands away from their head
- Would do best if they:
  - Sat in bed
  - Laid in bed
  - Sat in a chair
  - Sat with someone
  - Other \_\_\_\_\_

To help during the visit, my child would enjoy: (limited availability for some items)

- Light up Toys
- Vecta Machine/Sensory Station
- Oral Toys (ie. Chew sticks)
- Tactile objects
- Other: \_\_\_\_\_

I would also like the hospital staff to know \_\_\_\_\_