

Video Electroencephalography: VEEG

Preparation for Children and their Families



THE UNIVERSITY OF
CHICAGO MEDICINE

Comer Children's Hospital

What is an EEG or VEEG?

An EEG is a safe and painless test that records the electrical activity of the brain using small cup shaped metal discs (electrodes) on your child's head. The electrodes record electrical activity, but they do not deliver any electrical current. A video EEG includes video monitoring throughout the time that the EEG is recording.

What Will Happen During the EEG lead placement?

- A technologist will come to your child's hospital room to place the EEG leads. If you feel that your child would be more comfortable, it may be possible to use a separate procedure room to place the leads. Please ask the technologist about the options that are available for your child.
- Your child will be seated on his/her bed or in your lap for electrode placement.
- A technologist will use a cotton swab to place a small amount of gel (Nuprep) on the spot where the electrode will be placed. Nuprep is an odorless green gel that has a gritty texture (similar to sand mixed with gel).
- A conductivity paste (Ten20) will be placed on each electrode before the electrode is gently placed on top of the gel. Ten20 is an odorless white paste.
- A piece of paper tape will go over each electrode to help hold it in place.
- This process will repeat for each of the 27 electrodes.
- Following all of the electrodes being placed, your child's head will be wrapped using gauze to help keep the electrodes in place during your visit.
- After the electrodes are placed, a final lead (a sticker about the size of a quarter) will be placed on your child's chest to monitor his/her heart rate.

What Will Happen After the EEG lead placement?

- When all of the electrodes are in place and secured, your child will be ready to be monitored.
- The EEG monitors possible events and activity. An event is any behavior that you have noticed that led you to this visit (e.g. staring, seizures, etc.).
- The electrodes attach to a box that helps to record activity. This box will need to remain close to your child throughout his/ her stay. A longer cord that attaches to the wall and connects to this box will allow your child to play outside of his/her bed in the room while remaining in view for video monitoring or use the restroom.
- One caregiver will need to remain with the child at all times during his/her visit. You know your child best and will be able to recognize when he/she is having an event that needs to be monitored. When there is an event, the technologist will show you a button that you can push to help the medical team pinpoint any activity.

Helpful Information before your VEEG:

- Your child may be admitted for VEEG monitoring for several days. It may be helpful for them to wear a shirt that buttons up the front to make changing clothes easier. Hospital gowns are also available.
- Your child’s hair should be clean and not styled for their VEEG.
- Three meals a day will be provided at no cost for the caregiver who is required to stay in the room during the hospital stay. Food orders can be placed using the Children’s Hospital menu.
- Children feel more comfortable when familiar objects and people surround them. Please bring some of your child’s favorite toys, a blanket, or pillow to provide extra support during their stay.
- A recommended packing list for your VEEG is also available for you to print from our website.

Tips for preparing children for electrode placement:

- Allow your child to explore textures that they might feel during the placement.
 - Place petroleum jelly between their fingers to help them better understand what the conductive gel might feel like during placement.
 - Spend time brushing their hair and discussing how the electrodes will not be painful, but might feel like something moving their hair around.
 - Allow your child to use cotton swab applicators to touch their skin or to apply petroleum jelly to their fingers.
 - Download our preparation guide to view pictures of each step of the procedure.

General Preparation Guidelines Based on Age:

- Research shows that children who are prepared in advance are less anxious and better able to cooperate during medical exams and procedures.
- You can help your child feel prepared by answering questions using clear and honest answers based on the detail provided here.
- We recognize that all children are individuals. You know your child best and can use this information as a guideline when preparing him/her.

Child’s Age:

2 years
3-5 years
6-10 years
11 and older

When to Prepare Your Child:

The evening before or the day of your appointment
The day before your appointment
A few days before
Approximately a week or two prior

Child Life Specialists are available to help prepare and support your child.

Please call Child Life at 773-795-5122 for assistance or visit us online for more information:

<http://www.uchicagokidshospital.org/specialties/child-life/>