



**Instructions for
EEG
(Electroencephalogram)
Test**

- Please report to area 2A and take a seat.
- Please allow plenty of time for traffic and parking. If you arrive late, your child's appointment may need to be rescheduled.
- Appointment Date & Time_____

Feeding Instructions:

Your child will not be sedated for this test.

- Your child may eat normally before testing. It would be best to refrain from any products that contain caffeine.
- It is important that sleep be **limited** to 5 hours the night before the test, preferably from 12 midnight to 5 am. It is best to wake your child up no later than 5am so they will take a nap again for the test.
- It is very important not to let your child sleep in the car.

Infants less than a year: Time feedings so that your baby will be hungry when you arrive at the hospital. Please bring at least 2 bottles of formula/milk with you. Once you are at the hospital, we will tell you when to give your child the bottle.

General Instructions:

- Bring any item that will help your child to relax, for example a favorite stuffed toy, blanket, CD, pacifier, etc.
- If your child has a history of asthma, please bring their inhaler.
- If your child takes morning medication, please give the medication.
- Please have your child's hair clean and dry. Do not use conditioners, gel, etc. in their hair.

It may be necessary to repeat this test if sleep is not obtained. Therefore it is to sleep deprive your child!

If you need to cancel your appointment, please call our scheduling desk at (860) 545-9470.

EEG Testing

The test is totally painless.

The head will be measured and each spot rubbed with a cream tipped applicator. The cream prepares the area for the electrode. 22 electrodes, which are small gold discs, will be applied onto the scalp with paste and a gauze square and/or cotton ball.

The EEG technician will then sit at a computer screen and monitor the brain waves.

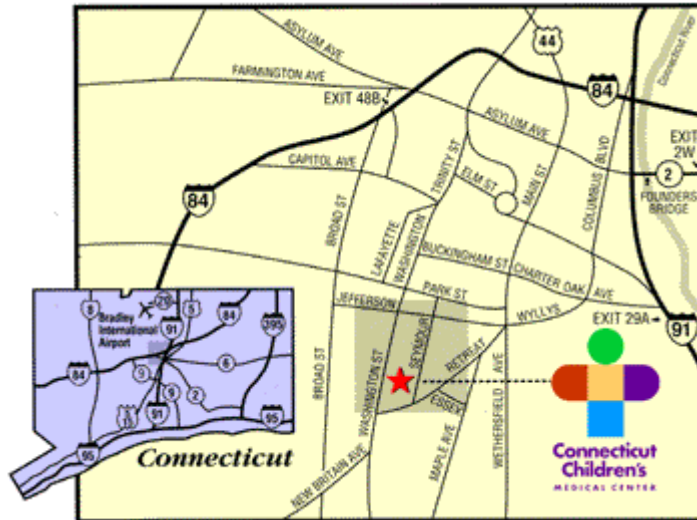
During the test, your child will be asked to breath rapidly and deeply for 3 minutes and a flashing light will be placed in front of his/her closed eyes.

At the end of the test, the electrodes will be removed. This again is painless and the scalp is cleaned. The paste is soap and water-soluble.

After one week you should call the referring physician for results. The technician may not give any information pertaining to results of the testing.

We hope this will be a pleasant experience for your child. Please call (860) 545-9470 if you have any questions. Please call also if you are unable to keep your appointment.

Thank you.



Driving Directions to Connecticut Children's Medical Center:

From North or South of Hartford

Take I-91S or I-91N to Exit 29A, "Capitol Area." Proceed under three overpasses to rotary. Follow rotary three-quarters around and take right onto Hudson Street. Take Hudson Street to the end. Turn right onto Jefferson Street. At the traffic light turn left onto Seymour Street. You will be on the property for **Connecticut Children's Medical Center** and Hartford Hospital. At the stop sign turn right. The Children's Medical Center will be on your left, "Public Parking" will be on your right.

From Route 2

Take Route 2 West to Exit 5D, "Route 3/Putnam Bridge Exit." Get on 91 North and follow directions above.

From East of Hartford

Take I-84W and follow signs to Exit 54, "Downtown Hartford." Cross Founders Bridge then take first left onto Columbus Boulevard. Proceed through three lights and over a small bridge. After the bridge, turn right at second light, Charter Oak Avenue. Proceed through three lights and cross Main Street. After Main Street, proceed through one light and turn left at end onto Washington Street. Proceed through third light (at Jefferson Street), then take first left into hospital entrance. **Connecticut Children's Medical Center** is on your right as you enter the garage marked "Public Parking" on your left.

From West of Hartford

Take I-84E to Exit 48B, "Capitol Ave." Follow road as it curves right and under one overpass. Take left at light onto Capitol Avenue and proceed through next traffic light. Turn right at second light (at horse and rider statue), then bear left

immediately at fork onto Washington Street. At the fifth light, take a left into hospital entrance. **Connecticut Children's Medical Center** is on your right as you enter the garage marked "Public Parking" on your left.

By Bus:

A variety of CT TRANSIT busses stop regularly at or near **Connecticut Children's Medical Center**. For the current schedule, call (860) 525-9181 (TDD/TTY: 272-8196).

"Public Parking" Garage

Location: Opposite the Medical Center's Ambulatory Entrance

Hours: Monday through Friday: 6:30 a.m. to 10:00 p.m., Saturday and Sunday: 7:30 a.m. to 10:00 p.m.

Wheelchair access parking is located near the Main Entrance (the "glass ball") on Washington Street.

Valet Parking

A valet parking service is available at the ambulatory entrance (at the crooked cube) from 7:00 am to 6:00 pm, Monday through Friday. Rate is \$4 for the day.

Entrances to the Hospital

Main Entrance (the "glass ball")

Location: 282 Washington Street

Hours: Daily 7:00 a.m. to 6:00 p.m.

Ambulatory Entrance (the "crooked cube")

Location: Opposite "Public Parking" garage

Hours: Monday through Friday 6:00 a.m. to 8:00 p.m.

Emergency Entrance (the "cone")

Location: Seymour Street, opposite "85 Seymour Street Medical Building"

Hours: Daily 24 hours