Getting an EEG

Sometimes I get sick or hurt.

When this happens, I might go to the hospital so a doctor can look at me.
This is okay because the doctor can help me feel better.

If I feel sick, sometimes I might need to get an EEG. An EEG is a recording of how my brain is working.
I will lie down on a hospital bed. Mum and Dad will be there and they can try and help me feel better.

The nurse will put sticky patches on my head and face, then connect wires to them.
I need to try to lie very still and relax while they look at my brain recording. Sometimes they will ask me to open and close my eyes or take big breaths.

When it’s finished, the nurse will then take off the wires and patches from my skin.
Everyone will be proud of me for being brave and getting an EEG.