

# Sophie has an EEG (Electroencephalogram)

A story for children

## Neurophysiology

“Hi! My name is Sophie and I am 7!  
This is a story about when I had an EEG!”



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"My doctor told me and my mom that I needed to have an EEG. This is a test which is done by someone called a Physiologist and it measures the electricity in the brain. It won't hurt me and I'm fine to go home afterwards!"



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“I had to wash my hair before coming to hospital as small things called electrodes are now on top of my head. These will make my hair a bit sticky so I’ll have to wash it again when I go home. I’ve got to keep quite still so I’m reading a book my mommy brought me!”



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“The electrodes are connected to a computer which records the electrical activity in my brain! It’s very cool and I don’t feel anything. When I close my eyes, the electrical activity changes. I also blew a windmill and looked at flashing lights. It was like a disco!”

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“All finished! The physiologist said that I was so good that I was given a sticker. Maybe you will get one too when you have your EEG. Bye!!”



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### Sophie's top tips:

"Remember to eat before coming for the EEG!"

"Remember that you have to keep really still while you are having your EEG. I recommend reading a book!"

"Closing your eyes sounds scary but it's easy and will only be for a few seconds"

"EEG also means Electroencephalogram...that's a very long word...try and say it!"

"If you have any questions remember to talk with the physiologist"

### Further Information

For further information on having an EEG, please see our leaflet 'What is an EEG'.

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email [swbh.library@nhs.net](mailto:swbh.library@nhs.net).



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ML5018

Issue Date: August 2021

Review Date: August 2024