

## Sam's visit for a 'Brainwave' test



### Department of Neurophysiology

① For more information, please contact us:

Tel: 01904 725663

The York Hospital, Wigginton Road, York, YO31 8HE

## Our values:

- Caring about we do
- Respecting and valuing each other
- Listening in order to improve
- Always doing what we can to be helpful

Dear .....

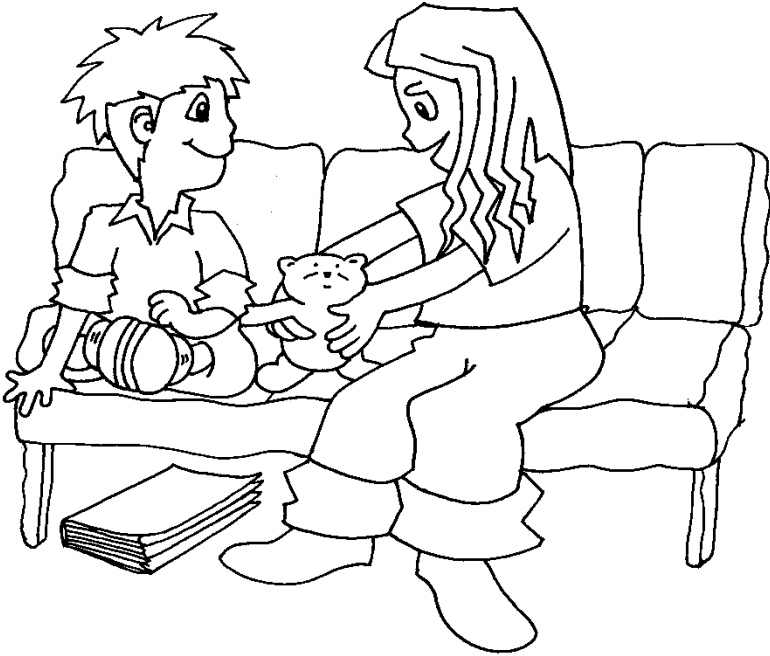
Hello, my name is Sam.

The doctor at the hospital has asked for you to have a test called an 'EEG', which is a brainwave test!

I can tell you what happened to me during the test so that you won't be frightened.



When me and mummy arrived at the hospital we sat in a waiting room where there were lots of toys to play with. Then a friendly person called Lucy called my name and mummy and me went into another room.



Can you colour me in? .....

The room had a computer in it with lots of coloured wires and a video camera that took pictures of me.

In the middle of the room, there was a chair that went up and down. I sat in the chair on my own with mummy near me, but I could have sat on mummy's knee too.

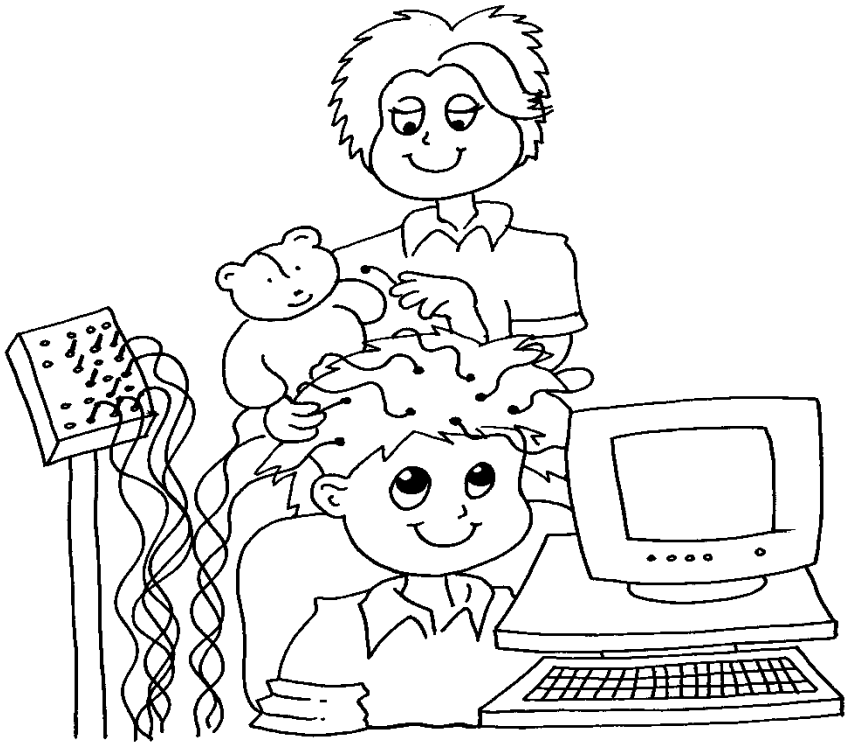


Lucy told me about the test and asked Mummy and me some questions about which hand I hold a pencil with, and how old I am. I was given some toys and books to play with as well.



My head was measured first with a tape measure and a special pencil. Then it was rubbed gently with cotton wool and small discs were put onto my head with sticky paste. It didn't hurt at all.

The disc's had long coloured wires and went into a box which was behind me.



Can you colour me in? .....

I had to sit really still whilst the computer took the pictures of my 'brainwaves'.  
But I was able to read a book or draw a picture if I wanted to.





I was asked to close my eyes during the test and then I was asked to blow a windmill round and round which was really fun!



I was then shown a flashing light, which was really pretty.

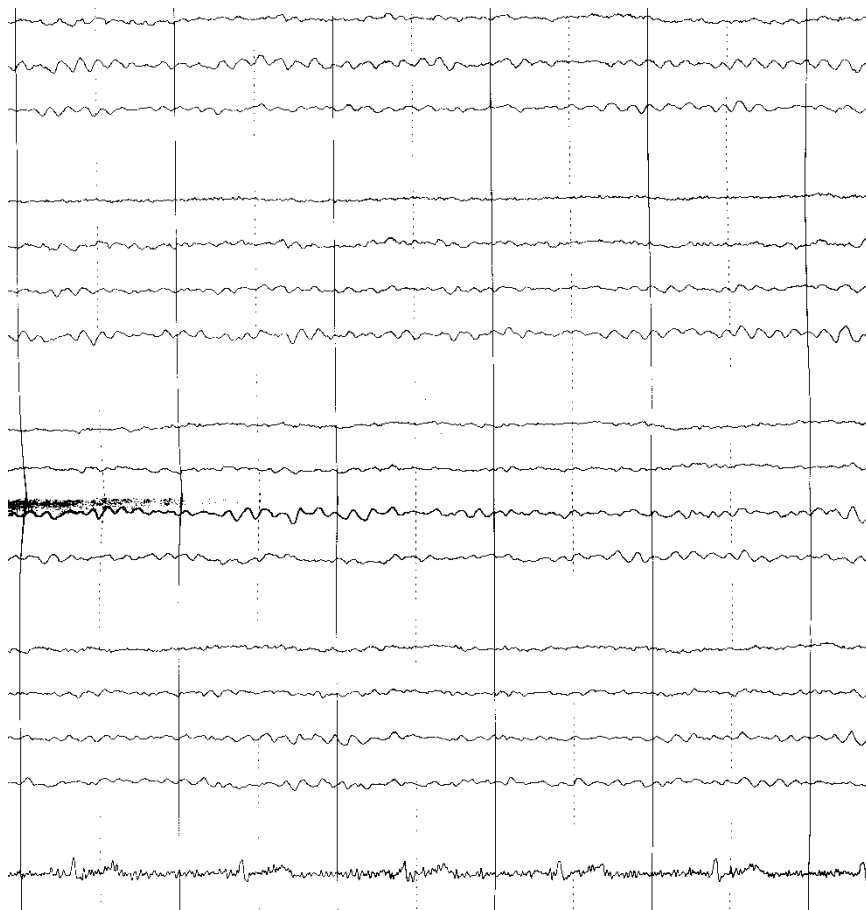


At the end, Lucy took all the sticky discs off, and my hair was wiped clean and combed!

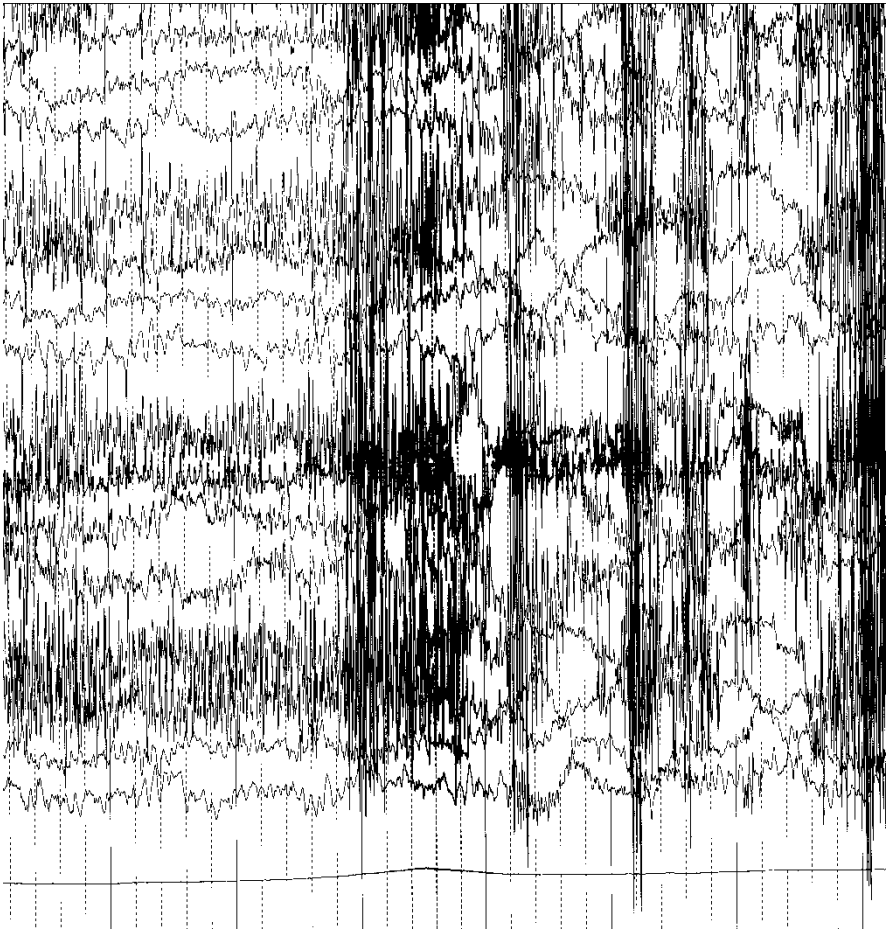


Can you colour me in? .....

Lucy then showed me my brainwaves, they looked like this....



And when I moved around a lot it changed to this...

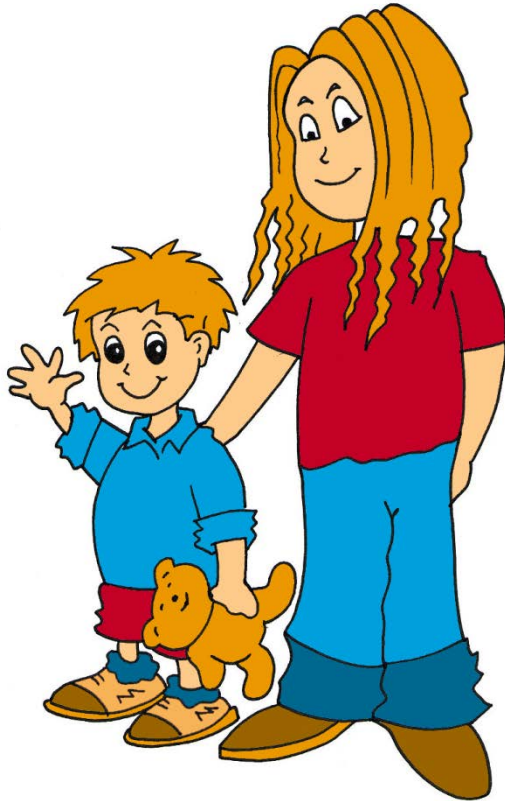


It looks really messy now, that's why I had to sit really still!

It didn't take very long and was really fun, and the best part was that I could go straight home to play and felt fine afterwards.

I hope you enjoy yourself as much as I did.

Love Sam.



## Tell us what you think

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Rebecca Copperthwaite, Specialist Clinical Physiologist, The York Hospital, Wigginton Road, York YO31 8HE or telephone 01904 725663.

## Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566  
Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

Owner	Rebecca Copperthwaite, Specialist Clinical Physiologist
Date of Issue	February 2005
Review Date	May 2024
Version	3 (issued May 2021)
Approved By	Joanne Horrocks, Senior Chief Clinical Physiologist
Document Reference	PIL 342 v3
© 2021 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	