Health Facts for You

UWHealthKids

Pediatric Inpatient Video EEG Monitoring

An EEG (electroencephalogram) is a test that shows how the brain sends messages to the body. Video EEG monitoring helps your care team learn if your child is having seizures and what type of seizures they may have.

Before the test, an EEG technologist (tech) will meet with you and your child. Talk with your child about what to expect before the test. We encourage questions. This test will likely be done more than once. To help your child get ready, ask a Child Life Specialist for an EEG teaching sheet. It is also helpful to learn about the sights and sounds involved with this test.

To learn more, scan the QR code or click the link to learn what to expect in the Epilepsy Monitoring Unit (EMU)



Before The Visit

Insurance
Call your insurance company before your child's test. Ask if the test and hospital stay are covered by your plan. Some insurance companies do not cover this test. Others may require a referral from your child's primary care provider (PCP). If a referral is needed, ask for it right away.

Insurance approval can take **2-4 weeks.** Your insurance company will let you know their decision.

If you have questions or need help, call the Admissions Information Desk at **(608) 263-8770.**

What to Bring
We have games and toys, but it helps comfort your child if you bring familiar items such as:

- Schoolwork
- Books
- Games
- Toys
- Movies
- Hobbies
- Art supplies
- Pillows
- Blankets
- Stuffed animals

Bring clothes to wear during the day and pajamas for night. Your child's shirt or blouse should button or zip in the front. No T-shirts please. Tops that pull over the head cannot fit around the EEG wires.

Hair Care
Wash your child's hair the night before the test. **Do not** use conditioner. If your child's hair is long enough, braid it or put it in pigtails or ponytails.

Medicine
To get the best test results, we may decrease your child's medicine dose. If your child's doctor wants to decrease the medicine dose, it will be done during the hospital stay. Most often, medicine doses are not decreased before your child comes to the hospital unless your doctor or nurse has told you to do so.

Sensory Concerns
If your child has sensory issues, has difficulty with their head being touched (such as during haircuts), please let staff know **before admission.** We want this to be a positive experience for you and your child.

Plan to Stay with Your Child
A parent, guardian, or family member age 18 or older must stay with your child during the hospital stay. This person should know your child's seizure symptoms.

Up to 2 primary support people may stay with your child at any time.

- Primary support people must be age 16 or older
- Only primary support people may stay overnight in your child's room
- Children under age 18 who visit must be with an adult
- Visiting hours are 8 am to 9 pm
- No more than 4 people may be in the room at one time, including support people and visitors
- Other children cannot stay overnight in the room

You may be asked to wake up during the night. If you have a long drive home the next day, plan ahead.

If your child is in the hospital for several days, it may help to take turns with another caregiver. Staying at the bedside for a long time can be tiring both mentally and emotionally. Plan any caregiver changes before the hospital stay.

Day of the Test

Directions
Park in the American Family Children's Hospital Ramp. Take the elevators to the 1st floor. Check in at the Security Desk.

Wire Placement and Support
Wires will be secured to your child's head. Your child's head will be wrapped with gauze to keep the wires from getting tangled or pulled off. It is hard for some children to sit still for this part of the test. You may be asked to hold your child until the gauze is wrapped around your child's head. A child life specialist may be with us to help your child relax during wire placement. A neurologist will also see your child and take part in the evaluation.

Monitoring
A video camera is mounted in the ceiling of your room. It begins recording your child's activity right away. The EEG tech watches your child and the EEG from another room.

Avoid standing between your child and the camera so all your child's movements can be seen. This helps the doctor review and interpret the results.

Sleep
We may have your child go without sleep to start a seizure. This would be done during the hospital stay.

During the Test
This test takes place in the hospital and may last 1-5 days. Your child will be admitted to the hospital on the day of the test. During the test, a camera records your child's behavior while an EEG records brain wave activity. This helps us compare what is happening on the video with what is happening in the brain. The test can also help find silent seizures, which do not have physical signs but can be seen on the EEG.

Medicine
Your child may have an intravenous (IV) line placed in case IV seizure medicines are needed. There can be more severe and frequent seizures. If this happens, your

child's doctor will decide the best way to treat these seizures.

Working Together
When your child feels a seizure coming on, tell the staff by pressing a button attached to the EEG fanny pack. You are also asked to press this button each time you see an "event" happening or about to happen. The nurse call light should also be pressed to call your nurse. Please let us know if the event you are seeing is typical or not. You can talk to the camera to let us know what you are seeing.

Hospital Room
Your child needs to stay in the room. A TV and radio with local channels and a DVD player are found in each room. You may sleep in your child's room.

Feel free to use your child's bathroom and shower. A small light is left on in the room all night, so your child can be seen clearly in the video.

Your child will eat all meals in the room. You may bring your own food or buy food and bring it back to eat with your child. If you plan to leave the room for meals, let your child's nurse know ahead of time. Plans will be made for staff to sit with your child. Please keep these meal breaks to no more than 30 minutes. Staff can help coordinate volunteers to further assist with break times.

After the Test
We will have your child's take their seizure medicine before going home. Before your discharge or when you get home, schedule a clinic visit to talk about the test results with your neurologist. Reports are most often ready in 2 weeks.

Going Home
When the test has finished, the wires are removed. Nursing staff or our cosmetologist from the Positive Image Center can help remove glue residue that may still be there after the wires are removed. **The neurology team needs to see your child before you leave. You also are given a written discharge plan by the nurse before you leave.**

Who to Call
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5481