



My First EEG

with Mateja & Lily

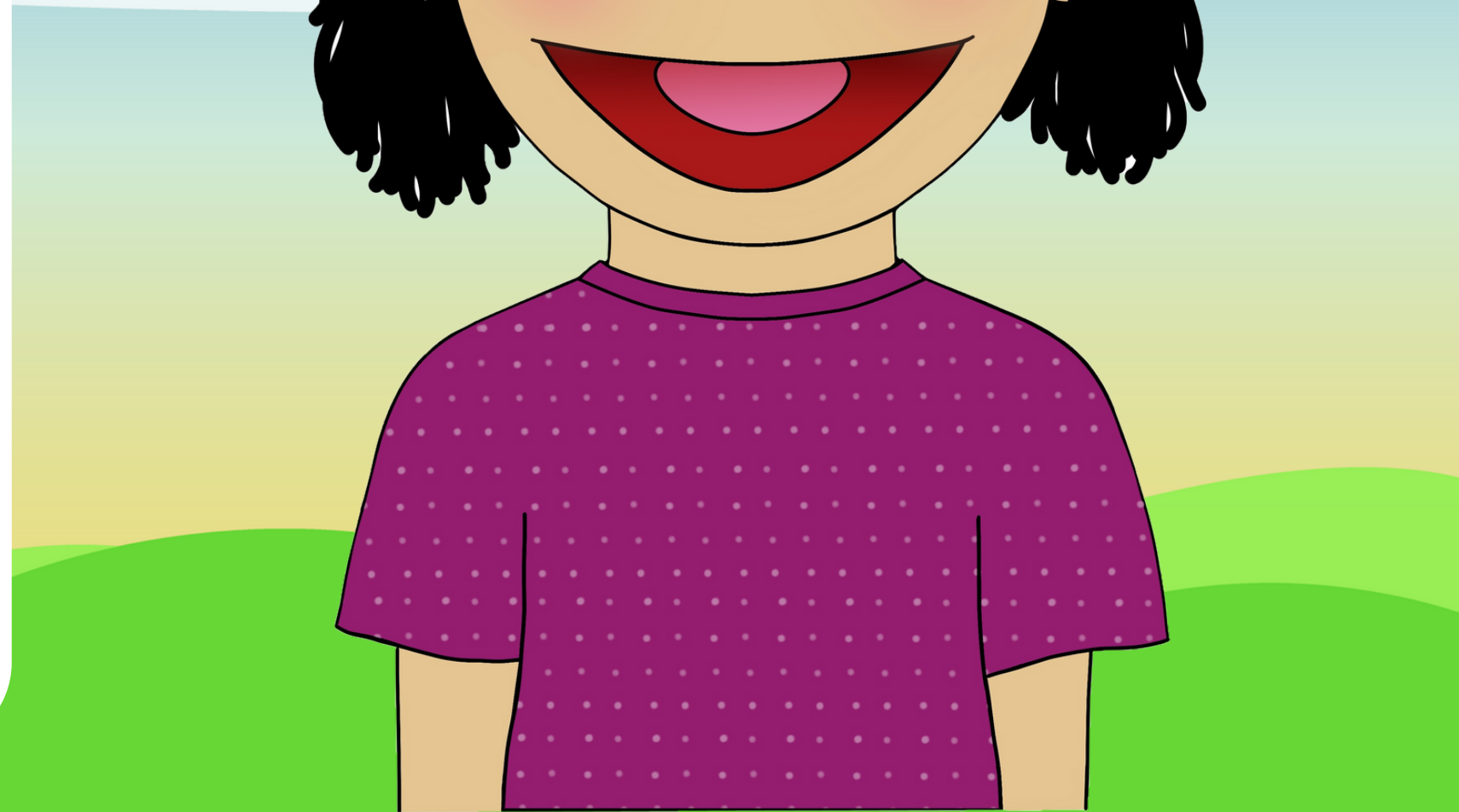


EPILEPSY
Toronto
See the Person



Hi, I'm Lily! My friend Mateja and I both have epilepsy.

Sometimes, people with seizures have to go to the hospital for an EEG. I was scared to go for my first EEG so my friend Mateja is going to bring us along to her EEG so we can see what it's like!



You might be wondering...what is an EEG?

Well, EEG is short for electroencephalogram.

This is just a BIG word for a test that helps the doctor see your brain activity.

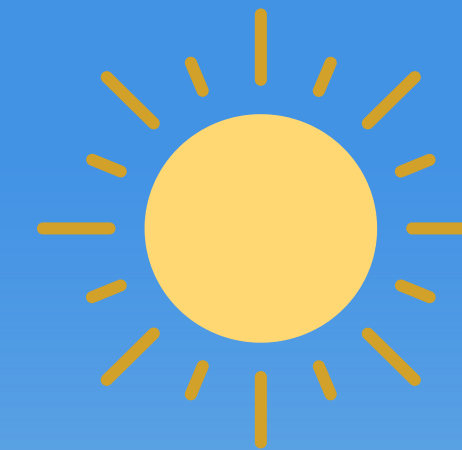


tomorrow, my friend Mateja has an EEG called a 'sleep deprived EEG'.

this means that the doctors want her to be sleepy for her test the next day.

She's going to show you how she gets ready for her EEG.





Thanks Lily! Hi, my name is
Mateja!

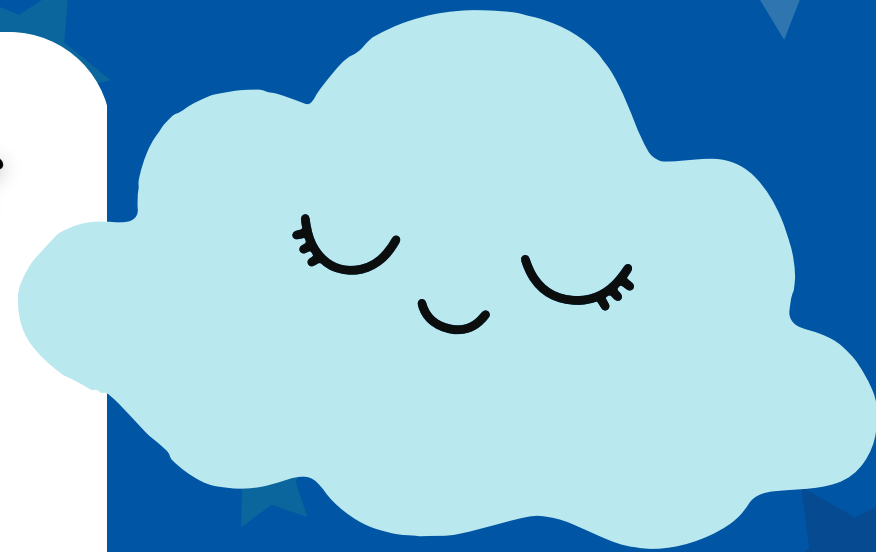
I am 9 years old and I love to
have fun with my friends and
play hockey! I also have epilepsy.
But that doesn't stop me from
doing all of my favourite things!



Come with me as I get ready for my EEG tomorrow!

First, I go to bed at my normal bedtime. Then, instead of sleeping all night, I get to wake up super early and I have to stay awake until my test!

It's so early that the moon and stars are still outside. Cool, right!?



But Mateja, how do you stay awake until the morning?

Aren't you tired?



I get tired but it's important that I stay awake. Here are some things I do to help me stay awake!



I get to watch my favourite TV shows or movies!

What's your favourite show to watch?



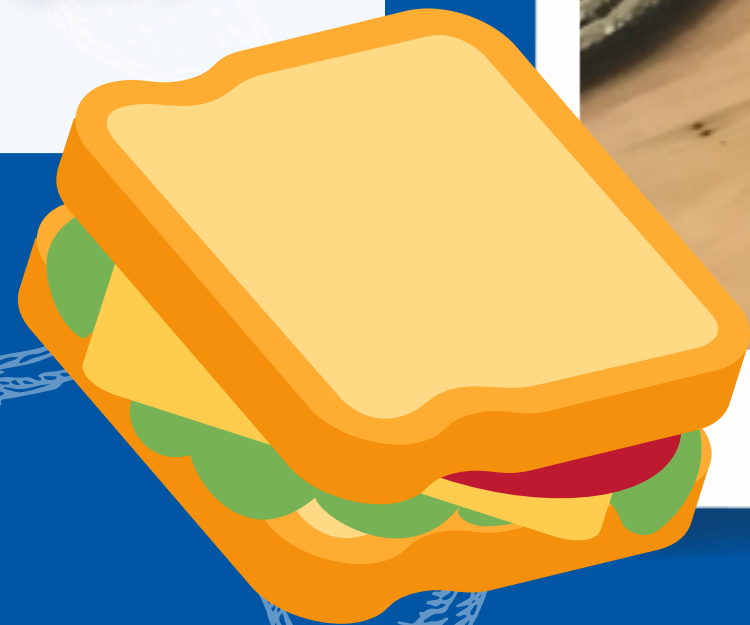
I play some of my favourite games.

Guess who is my favourite game, what's yours!?



I get to enjoy a
midnight snack of
milk and cookies.

What snack
would you pick?



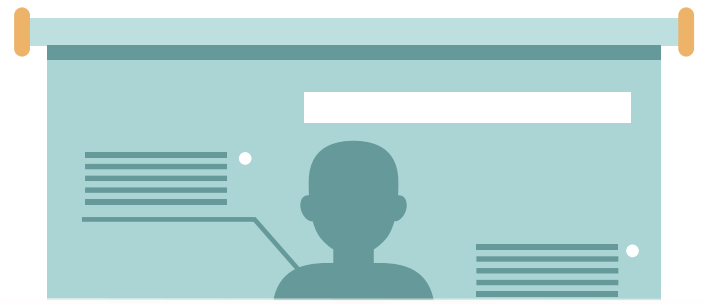


And before you know it, it's
time to go to the hospital for
my appointment! Time flies
when you're having fun!



First, the technician measures my head so they know where to put the stickers.

Sometimes they draw lines on my skin so that they remember where to place them.





Then, the technician puts special wires on my head. These wires help the doctors see my brain activity.

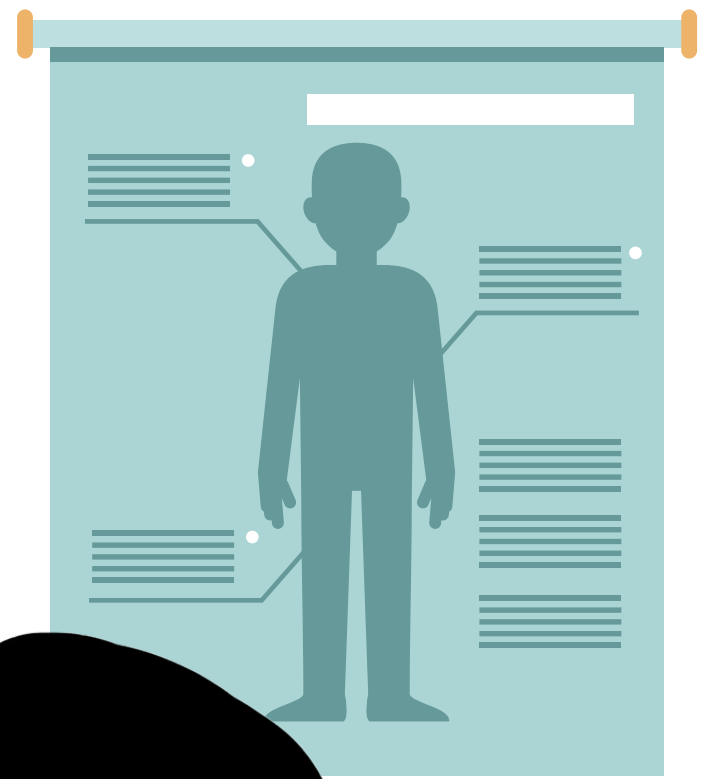


This is what it looks like once all the wires are in place.

It looks kind of funny but it doesn't hurt at all! The technician puts tape and cotton balls or stickers on the wires to keep them in place.

Now it's time for the doctors to watch your brain activity.

The technician will ask you to do different activities, like blowing a pinwheel and watching a light spinner. They might also ask you to go to sleep so they can see your brain while you're snoozing!



One of my favourite parts is getting to see the lines on the computer that shows my brain activity!





And that's it! Thanks for coming to my EEG appointment with me!

thanks Mateja! We learned so much about what happens at an EEG. I'm not scared to go to my EEG appointment anymore!





Looking for more educational resources about seizures and epilepsy?

Follow Lily's Instagram page @live_with_lily for fun episodes that will help teach the children in your life all about epilepsy and seizures.

And it's not just for kids! Lily has a bunch of great tools and resources for parents and caregivers, too.



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