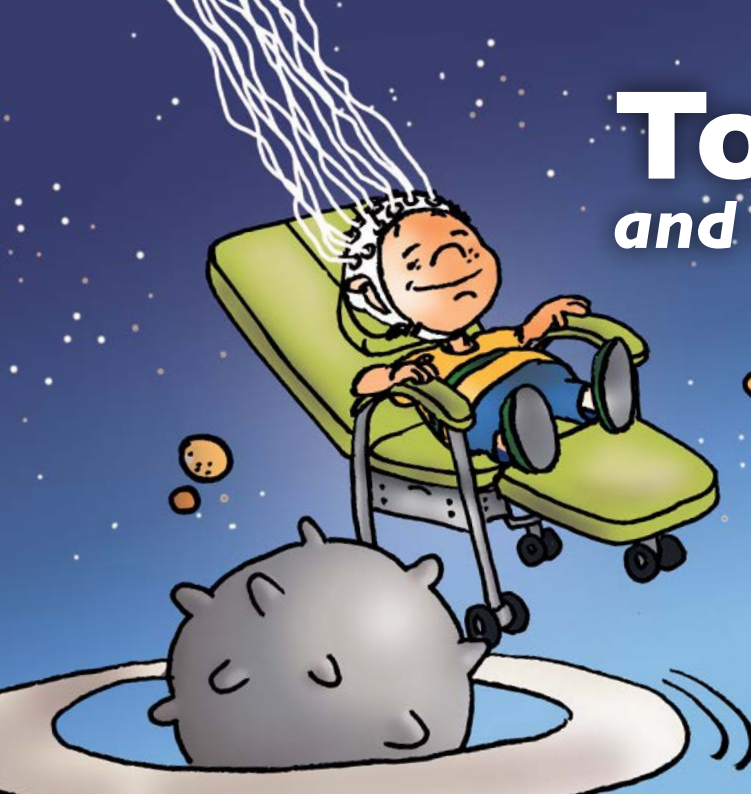


Toto and the EEG



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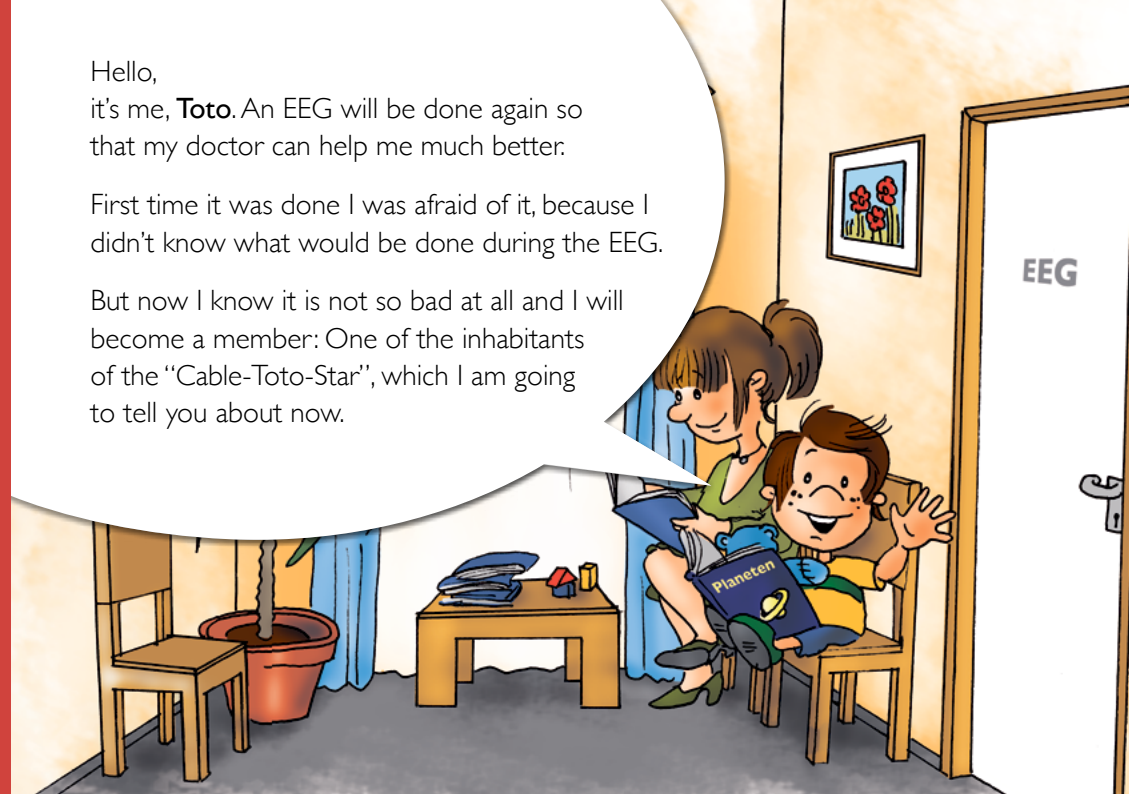
www.billa-spiegelhauer.de

Ich bedanke mich bei allen Eltern und Kindern, die gegengelesen haben. Ganz besonders auch bei Frau Dr. Silvia Vieker vom Gemeinschaftskrankenhaus Herdecke, deren „SMS“ ich übernehmen durfte.

Hello,
it's me, **Toto**. An EEG will be done again so that my doctor can help me much better.

First time it was done I was afraid of it, because I didn't know what would be done during the EEG.

But now I know it is not so bad at all and I will become a member: One of the inhabitants of the "Cable-Toto-Star", which I am going to tell you about now.



I walk into the room where I find a comfortable seat, a computer, a stand with many cables hanging down and a video-camera.

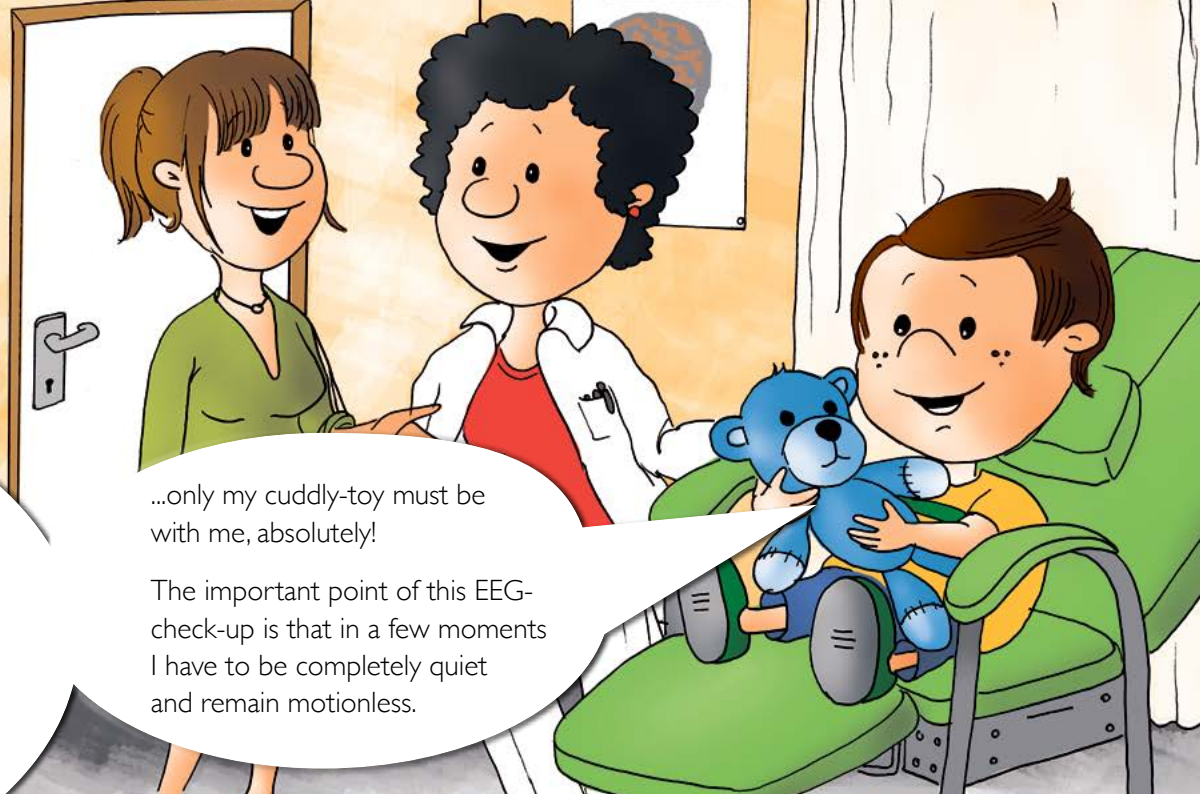
The woman who works there is Ms Demir who is an EEG-assistant; sometimes there may be a man, who is an EEG-assistant as well.





First, I sit down in an armchair,
making myself comfortable.

When I was much younger, I always got very excited.
So mama used to sit down there first and I cuddled
into her lap. But now, as I am older and stronger,
the two of us don't have enough room...



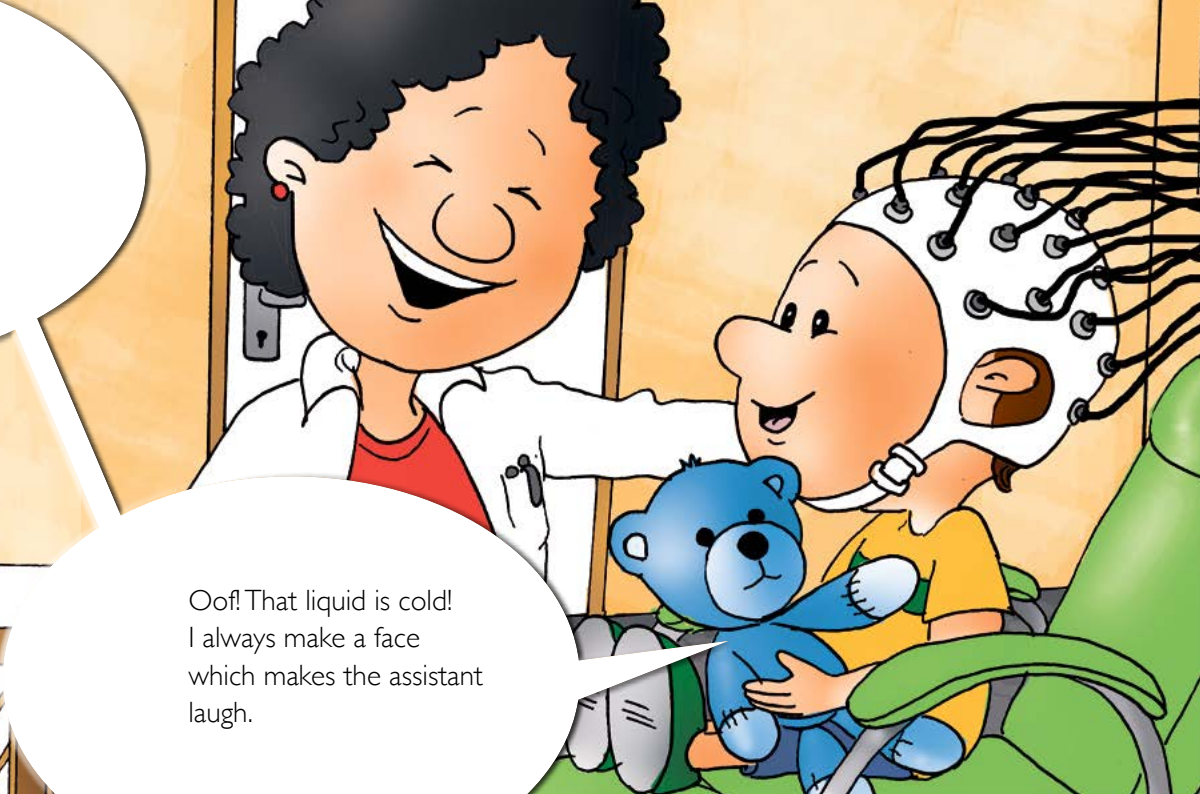
...only my cuddly-toy must be
with me, absolutely!

The important point of this EEG-
check-up is that in a few moments
I have to be completely quiet
and remain motionless.

A kind of hood or cap is tightly put on my head, sometimes it is a “mesh”. I rarely feel the pressure, but then only a little. Small plates are attached to the “cap” – they are called “electrodes”.

To fix them, the skin of my head must be clean.
That is why I wash my hair
also in the morning.





The electrodes are connected to the cables, which hang down from the stand. Now I look like someone from another star – must be this “Cable-Toto-Star”!

Then computer and camera are started and my personal EEG is recorded.





From now on, I should not move at all. I must close my eyes and follow the assistant's directions. Occasionally, I am asked to open and then close my eyes.



Or, I am asked to breathe in deeply, as though I have been running fast.



Once I was told to look into a stroboscopic light.



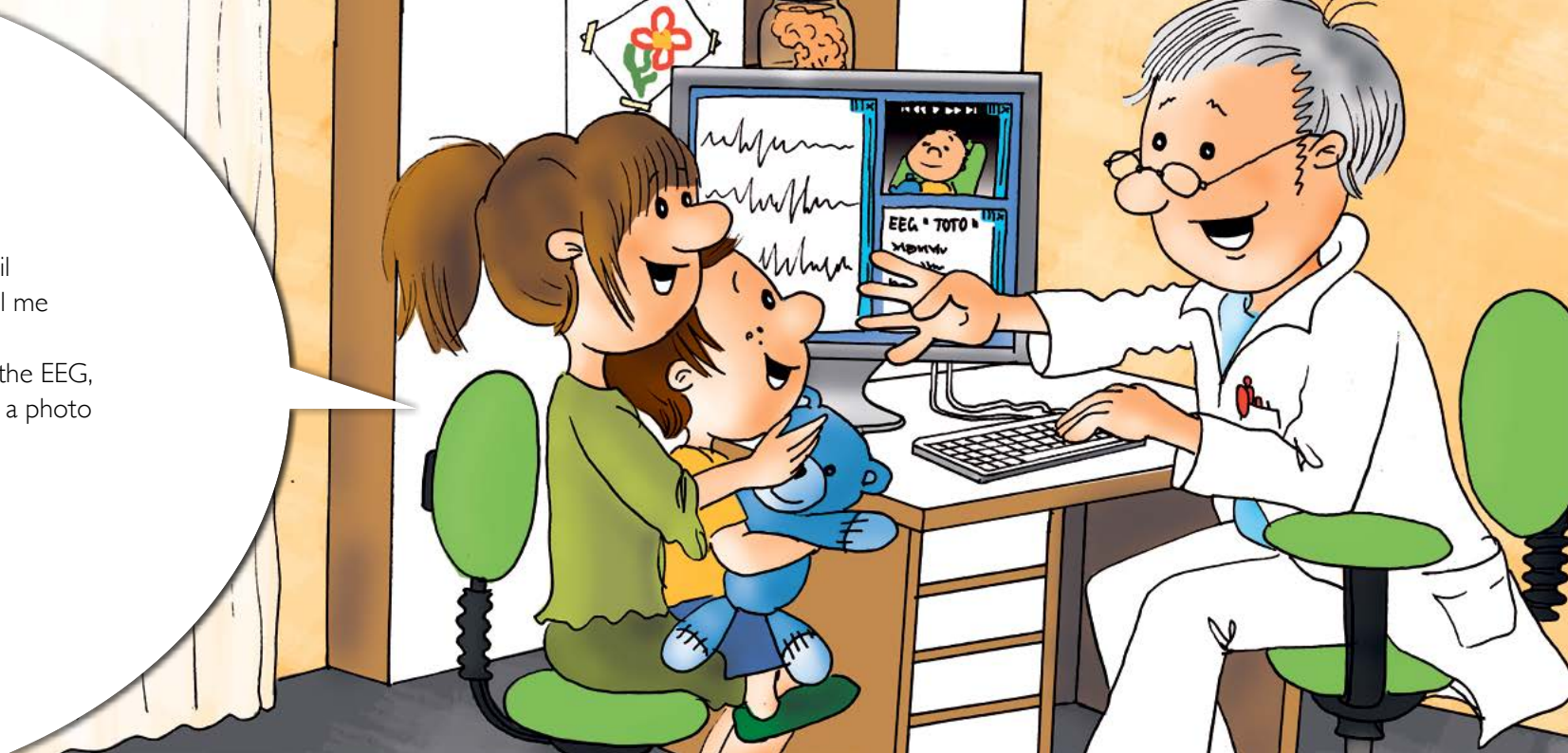
That was a feeling like being in a disco – but one without music.

That was it! The EEG is finished.

All data is sent to my doctor by email
who will have a look at it and can tell me
if everything is fine.

Sometimes I can also have a look at the EEG,
which shows a number of peaks and a photo
of myself – of course as citizen of
“Cable-Toto-Star”.

This looks cute.



You see? An EEG is not that bad at all.
And because I cooperated so well,
I may get outside and play with my friends.



There is a good formula for parents with small children:
STS, which means: Sated – Tired – Speckless

