An EEG is a test that records the electrical activity of the brain. The test may be done to check for:

- Seizures
- Confusion or changes in behavior
- Head injury or disease
- Changes in level of unconsciousness

**Arrive on time for your test.** Plan on being here about 2 hours.

**To Prepare**

- The night before your test:
  - Sleep as much as you want.
  - Sleep only half the amount of time that you sleep other nights. For example, if you sleep 8 hours a night, sleep 4 hours the night before your test.
  - Do not sleep.
  - Avoid all caffeine food and drinks such as chocolate, coffee, tea and soft drinks after midnight before the test.
  - Wash your hair before the test. Do not use any conditioner, oils, gels, sprays and lotions in your hair until the test is done.

**During the Test**

Small pads, called electrodes, are put on your scalp with paste, or you may have a cap to wear on your head that has the pads attached. The pads pick up the electrical activity of your brain and send it through wires to a machine.

- You will be on your back on a bed or reclining chair for the test.

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• You need to be still with your eyes closed during the test.

• During the test you also may:
  - Be asked to breathe deep and fast through your mouth
  - Be shown a flashing light for a short time
  - Sleep

• You will feel no pain.

After the Test

• The pads and paste are taken off your scalp. You can wash your hair at home with shampoo to remove the rest of the paste.

• Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

• يجب أن تظل عينيك مغمضتين أثناء الفحص.

• أثناء الفحص، قد يحدث ما يلي:
  - قد يُطلب منك التنفس بعمق وبسرعة من خلال فمك
  - قد يتم عرض ضوء وامض عليك لفترة قصيرة
  - النوم

• لن تشعر بأي ألم.

بعد الفحص

• سيتم نزع المحسات والمعجون من فروة رأسك. يمكنك غسل شعرك بالمنزل بالشامبو لإزالة باقي المعجون.

• سيتم إرسال نتائج الفحص إلى طبيبك. سيشارك طبيبك النتائج معك.

• يُرجى التحدث إلى الطبيب المعالج أو الممرضة إذا كانت لديك أي أسئلة أو مخاوف.