

# EEG (Electroencephalogram)

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 caffeine drinks such as coffee, tea and soft drinks after midnight before the test.
- Wash your hair before the test. Do not use oils, sprays and lotions.

## During the Test

- Small pads called electrodes are put on your scalp with paste. The pads read the electrical activity of your brain and send it to a machine. You will feel no pain.
- During the test you may:
  - ▶ Be asked to breathe deep and fast through your mouth
  - ▶ Be shown a flashing light for a short time
  - ▶ Sleep

# EEG (脳波検査)

EEG とは脳の電氣的活動を記録する検査です。この検査でチェックできる症状には、次のようなものがあります。

- けいれん発作
- 錯乱や行動の異変
- 頭部の負傷や病気
- 意識消失のレベルの変化

検査時間に遅れないでください。検査には 2 時間ほどかかります。

## 準備

- 検査前夜：
  - 睡眠をたっぷりとる。
  - 睡眠時間を通常の半分にする。例えば、通常 8 時間睡眠を取っている場合、検査前夜は 4 時間とする。
  - 睡眠をとらないこと。
- 検査前は深夜を過ぎたらコーヒー、紅茶、清涼飲料などカフェイン飲料は飲まないこと。
- 検査前に髪を洗い、オイル、スプレー、ローションなどは付けないこと。

## 検査中

- ペーストを使って電極と呼ばれる小さなパッドを頭皮に付けます。パッドは脳の電氣的活動を読み取り、情報を機器へ送信します。痛みは伴いません。
- 検査中には：
  - 口から深く、速く呼吸するように指示されることがあります。
  - 短い間、閃光があてられます。
  - 眠っても構いません。

## **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.**

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## 検査後

- 頭皮からパッドとペーストが外されます。自宅で髪をシャンプーで洗い、残っているペーストを落とします。
- 検査結果は主治医に渡されます。主治医から結果の説明を受けてください。

質問や不明な事項については主治医または看護師にご相談ください。

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