

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 (뇌파 검사)

뇌파검사란 뇌의 전기적 활동을 기록하는 검사입니다. 이 검사는 아래와 같은 질환이나 상태를 진단할 수 있습니다:

- 발작
- 혼돈이나 행동 변화
- 뇌손상이나 뇌질환
- 무의식성 수준의 변화

검사받는 날 제시간에 도착하십시오. 약 2 시간정도 병원에 있을 것으로 예상하십시오.

검사 전 준비

- 검사 전날 저녁
 - 실컷 잔다.
 - 평소 수면 시간의 반만 잔다. 예를 들어, 평소 8 시간 자는 사람은 검사 전날 저녁에 4 시간만 잔다.
 - 잠을 자지 않는다.
- 검사 전 날 자정 후에는 커피, 차, 탄산음료와 같은 카페인 음료수를 피하십시오
- 검사 전에 머리를 감으십시오. 머리에 기름이나 스프레이를 뿌리지 말고, 헤어 로션도 바르지 마십시오.

검사 중

- 전극이라고 부르는 작은 패드들을 폴로 두피에 부착할 것입니다. 이 패드들은 뇌의 전기적 활성을 기록하여 기계에 전송할 것입니다. 전혀 통증을 못느낄 것입니다.
- 검사 중에 환자는:
 - 입을 통하여 숨을 깊게 그리고 빨리 쉬라고 할 것입니다
 - 번쩍하는 빛을 잠시 보여 줄 것입니다
 - 잠을 잡니다.

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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검사 후

- 패드들과 전극용 풀을 두피에서 제거할 것입니다. 집에서 샴푸로 머리를 감으면서 나머지 달라붙은 전극용 풀을 제거하십시오.
- 검사 결과는 의사에게 보낼 것입니다. 의사가 결과를 환자와 상의할 것입니다.

질문이나 문제가 있으시면 의사나 간호사에게 말하십시오.

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