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.

**EGG मस्तिष्कको इलेक्ट् रोएन्द्रोलैभ्रोग्ाम**

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**To Prepare**

- The night before your test:
  - चस्ति यो निर्जित रात्रिमा चार्ल्लोस्।
  - चस्ति अन्य रात्री सुन्ने समयभन्दा आधा समयमात्र चुचुँहोस्। उदाहरणारूपमा, चस्ति एक रात्री ८ घण्ठा सुबुध्दुः भने चस्ति को परीक्षणपूर्वको रात्री ४ घण्ठा सुबुध्दुः।
  - नस्बुध्दुः।
- 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.
• 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.

• तपाईलाई आँखलाई बंद गरेका बस्नेछः।
• परीक्षणको दौरान तपाईलाई आँख बंद गरेन सबैभन्दा नहोसः।
• परीक्षणको दौरान तपाईलाई:
  □ आफो मुखबाट गर्नुहुनै सास फेन पनि भनिने छ
  □ छोटो विद्युतको चिन्हलाई देख्नुहुनै पनि भनिने छ
  □ निदान पनि भनिने छ
• तपाईलाई कुनै पीडा हुने छनैः।

परीक्षणपछि
• तपाईलाई सिरबाट प्याइएँ चाल निकालिने छन् र पेस्ट सफा गरिने छ। बॉडीको सिरको पेस्ट हटाउन तपाई घरमा गएर श्याम्पूले केश धुन सकिनुहुनैः।
• परीक्षणको नतिजाहरू विकिस्तलाई प्रस्तुत गर्नुहुनै। तपाईलाई नकाशाहरू नातिजाहरू साँझ गर्नुहुने छ।

तपाईलाई कुनै प्रश्नहरू वा बित्ताहरू छनौ भनेनुहुने, तपाईलाई डॉक्टर वा नस्लिहरू पस्ने भन्ने कुरा गर्नुहोसः।