

EEG (脑电图)

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 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.

脑电图是一种记录大脑电波活动的检查。可用于检查以下问题：

- 癫痫发作
- 意识模糊或行为改变
- 头部损伤或疾病
- 无意识水平的变化

请您准时前来接受检查。 请留出大约2小时的时间。

准备

- 检查前一晚：
 - 尽可能睡眠充足。
 - 睡眠时间为其他夜晚睡眠时间减半。例如，如果您每晚睡眠8小时，则在检查前一晚请只睡眠4小时。
 - 请勿睡觉。
- 检查前晚午夜后**避免食用任何含咖啡因食物和饮料**，如巧克力、咖啡、茶和软饮料。
- **检查前请洗头。** 在检查完成之前，请勿在头发上使用任何护发素、油、凝胶、喷雾剂和乳液。

检查期间

将电极小垫粘贴在头皮上；也可以戴上一个连接小垫的帽子。这些衬垫可以摄取大脑的电波活动信号，通过电线将其发送到机器上。

- 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.
- 检查期间，您需要仰卧在检查台或躺椅中。
 - 检查期间请闭上双眼保持静止。
 - 检查期间还可能：
 - 要求您用嘴深呼吸和快速呼吸
 - 看到短时闪光
 - 睡眠
 - 您不会感到疼痛。

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.

检查之后

- 将附于头皮上的垫片和粘贴物取下。你可以在家里用洗发水洗头，去除粘贴物残留。
- 检查结果会发送给您的医生。医生会告知您检查结果。

如果您有任何疑问或疑虑，请咨询您的医生或护士。