

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.

EEG (Electroencephalogram)

EEG waa baaritaan diiwaan geliya hawlaha koronto ee maskaxdaada. Baaritaanka waxa loo sameeyaa si loo hubiyo:

- Qaleelka (suuxitaanka)
- Isku-buuqsanaanta ama isbedelada dabeecadda
- Nabar madax ama jirro
- Isbedelada heerka miyir la'aanta

Baaritaanka waqtiga ku imow. Qorsheyso inaad halkaan joogeysid ilaa 2 saacadood.

Si aad isugu Diyaarisid

- Habeen ka horreeya baaritaankaaga:
 - Seexo intaad rabto.
 - Hurud oo keliya kala badhka inta aad huruddid habeennada kale. Tusaale ahaan, haddii aad huruddid 8 saacadood habeenkiiba, hurud 4 saacadood habeenka baaritaanka ka horreeya.
 - Ha seexan.
- Ka fogow cabitaannada kaafeynta leh sida qaxwada, shaaha, iyo cabitaannada fudud wixii ka danbeeya saqda dhexe ee habeenka ka horreeya maalinta baaritaanka.
- Dhaq timahaaga kahor baaritaanka. Ha isticmaalin marin wax lagu buufiyey, iyo xaydhta lays mariyoba.

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

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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Waqtiga Baaritaanka

- Milxeefyo yar-yar oo loo yaqaanno electrodes ayaa madaxa sharooto lagaagala dhejinayaa. Cadadkaa milxreefyada ah waxaa ku qoran hawlaha korontada maskaxdaada waxayna u dirayaan makiinad. Xanuun ma dareemi doontid.
- Muddada baadhitaanka waxa laga yaabaa:
 - ▶ In lagu weydiiyo inaad xoog iyo aad uga neefsato afkaaga
 - ▶ In lagu tuso nal bigbigleynaya muddo gaaban
 - ▶ Inaad seexato

Baaritaanka ka Dib

- Milxeefyada iyo sharootada ayaa madaxaaga laga fujinayaa. Timahaaga guriga ayaad shaambo kula dhaqi kartaa si aad isaga saarto wixii koollada ka haray.
- Natiijooyinka baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaagu adiga ayuu natiijooyinka kula socodsiin doonaa.

U sheeg dhakhtarkaaga ama kalkaalisada haddii aad su'aalo ah ama walaac ah qabtid.

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EEG. Somali