

# 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.**

## **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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