

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 (Electroencefalograma)

Un EEG es un examen que registra la actividad eléctrica del cerebro. Este examen puede hacerse para verificar la existencia de:

- Convulsiones
- Confusión o cambios en el comportamiento
- Lesiones o enfermedades de la cabeza
- Cambios en el nivel de inconsciencia

Llegue puntualmente a su examen. Planifique permanecer alrededor de 2 a 3 horas.

Preparación

- La noche antes del examen:
 - Duerma cuanto quiera.
 - Duerma solamente la mitad del tiempo que usted duerme las otras noches. Por ejemplo, si duerme 8 horas por noche, duerma 4 horas la noche anterior al examen.
 - No duerma.
- Evite las bebidas con cafeína como el café, el té y las gaseosas después de la medianoche anterior al examen.
- Lávese la cabeza antes del examen. No use aceites, aerosoles y lociones.

Durante el examen

- Se le colocarán pequeñas almohadillas llamadas electrodos con un adhesivo en el cuero cabelludo. Estas almohadillas leen la actividad eléctrica del cerebro y la envían a una máquina. No sentirá dolor.
- Es posible que durante el examen:
 - ▶ se le pida que respire profundo y rápido por la boca;
 - ▶ se le muestre una luz centelleante por un momento;
 - ▶ duerma.

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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Después del examen

- Se le quitarán las almohadillas y el adhesivo del cuero cabelludo. Puede lavarse el cabello en casa con champú para eliminar el resto del adhesivo.
- Los resultados del examen se le envían a su médico. Su médico le comunicará los resultados.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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EEG. Spanish