EEG

An EEG, also called electroencephalogram, is a test that records the electrical activity of your brain.

The night before your test:

☐ Do not sleep.

☐ 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.

☐ Sleep as much as you want.

Arrive on time for your test. Plan on being here about 2 hours.

To Prepare

- Avoid caffeine drinks such as coffee, tea, and soft drinks after midnight before the test.
- Be sure your hair is clean and dry and free from 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.

EEG

EEG, oo sidoo kalena loo yaqaanno electroencephalogram, waa baaritaan diiwaan geliya hawlaha koronto ee maskaxdaada.

Habeen ka hor baaritaankaaga:

☐ Ha seexan.

☐ 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.

☐ Hurud inta ugu badan ee aad dooneysid.

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

Si aad isugu Diyaarisid

- Ka fogow cabitaannada kaafeynta leh sida qaxwada, shaaha, iyo cabitaannada fudud wixii ka danbeeya saqda dhexe ee habeenka ka horreeta maalinta baaritaanka.
- Xaqiiji in timahaagu ay nadiif yihiin ayna engegan yihiin aysanna lahayn saliid, wax lagu buufiyey, iyo xaydhta lays mariyoba.

Waqtiga Baaritaanka

- Milxeefyo yar-yar oo loo yaqaanno electrodes ayaa madaxa sharooto lagaagala dhejinayaa. Cadadkaa milxrrfyada ah waxaa ku qoran hawlaha korontada maskaxdaada waxayna u dirayaan makiinad. Xanuun ma dareemi doontid.

- During the test you may:
  - Sleep
  - Be asked to breathe deep and fast through your mouth
  - Be shown a flashing light for a short time

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.

5/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at **www.healthinfotranslations.com**.

- Waqtiga baaritaanka waxaa laga yaabaa inaad:
  - Huruddo
  - Lagu weydiiyo inaad si qoto dheer oo dhakhsa ah uga neefsatid afka
  - Waqti gaaban lagu tuso nal biligleynaya

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.

EEG. Somali.

5/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at **www.healthinfotranslations.com**.