

# EEG (Baaritaanka Maskaxda ee elektarooniga)

## 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.

EEG waa baaritaan lagu oggaado dhaqdhaqaaqa elektarooniga ee maskaxda. Baaritaanka waxaa loo sameyn karaa in lagu oggaado:

- Suuxdin
- Isku dhexyaaca ama isbadelka dabeecada
- Dhaawaca madaxa iyo cudurka
- Isbadelada heerarka miyir daboolnaanta

**Imoow xiliga baaritaanka.** Qorshee inaad halkaan joogto 2 saac.

### Si aad U diyaargarowdid

- Haheenka ka horeeya baaritaankaaga:
  - Seexo inta ugu badan ee suurtagalka ah.
  - Seexo kala bar meel intii aad seexatay habeenidii hore. Tusaale, haddii aad habeenkii seexato 8 saacadood, seexo 4 saacadood kahor baaritaankaaga.
  - Ha seexan.
- **Iska ilaali inaad cabto dhammaan cabitaanada iyo kafeeyada** sida jakuleydka, kafeega, shaaxa iyo cabitaanada fudud kadib kala barka habeenka ka horeeya baaritaankaaga.
- **Dhaq gacmahaaga kahor baaritaanka.** Ha marin tintaada kareemo, saliid, jeel, waxyaabaha la isku buufiyo iyo kareemada looshinka ah illaa baaritaanku dhamaado.

## 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.

- 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.

## 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.**

## Inta lagu jiro Baaritaanka

Baandheej yar, oo loo yaqaan bandheejka elektarooniga ah, waxaa lagu dhejinayaa madaxaaga qoyan, ama waxaad xiran kartaa koofi ay ku dhegan yihiin baandheejyo. Baandheejiyadu waxay soo qaadaan dhaqdhaqaaqa elektarooniga ee madaxaaga waxayna u gudbiyaan xargaha mashiinka.

- Waxaad dhabardhabar ugu seexan doontaa sariirtaada ama miis kala baxaaya marka lagu sameynaayo baaritaanka.
- Waxaa inaad indhahaaga kala furin inta baaritaanku socdo.
- Inta baaritaanku socdo waxaad sidoo:
  - Lagu waydiin karaa inaad neef hoose qaadato aadna si dhaqso ah oga saarto afka
  - Lagu tusi karaa layr falaash bixinaayo muddo yar
  - Hurdada
- Ma dareemi doontid xanuun.

## Baaritaanka kadib

- Baandheejka iyo dhaymada waxaa laga furayaa madaxaaga. Waxaad timahaaga ku dhaqi kartaa guriga adoo isticmaalaya shaambo si aad iskaga saarto dhaymada ku hartay madaxaaga.
- Natijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natijada.

**La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.**