

heartscan
SPORTS SCREENING



ELECTROCARDIOGRAM (ECG)

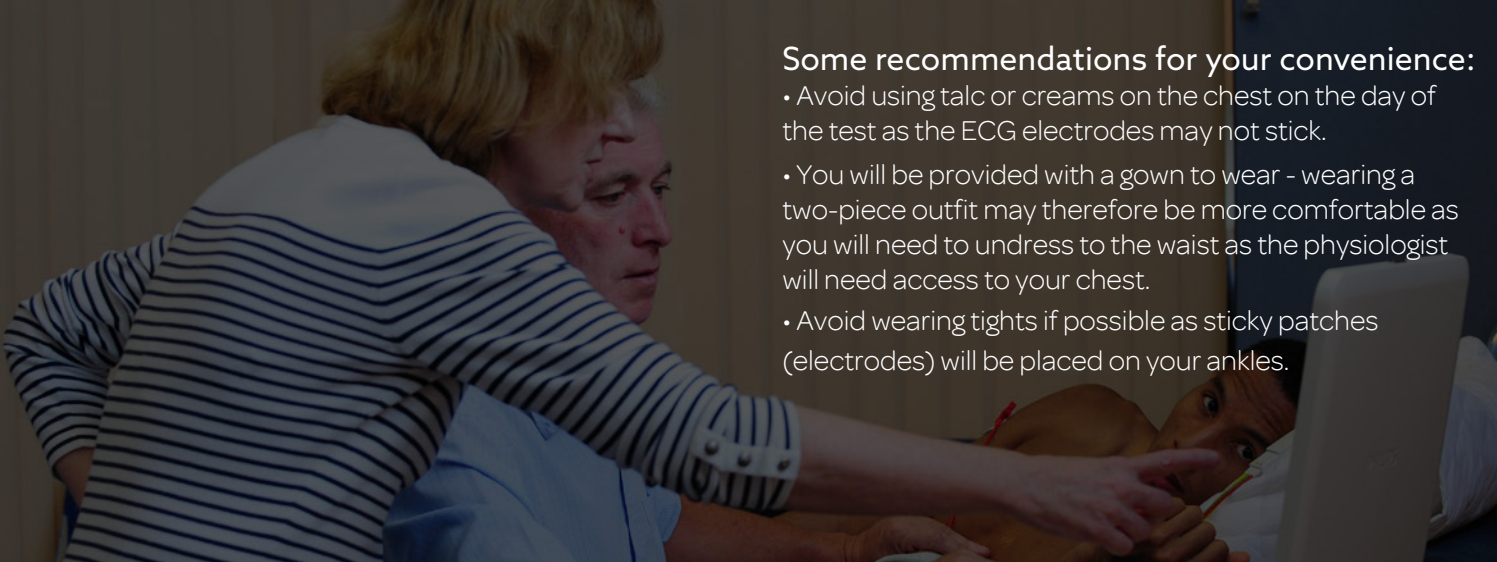
How is an ECG performed?

Small sticky patches (electrodes) are placed on the arms, legs and chest. These are connected to the ECG machine which picks up the electrical activity from your heart. The electrical signals are printed out on paper for analysis and a copy stored digitally.

Is there any special preparation for an ECG?

There are no special preparations. You can eat and drink normally before and after the test and any medication can be taken as usual.

However, please inform HeartScan before your appointment if you are allergic to Elastoplast.



Some recommendations for your convenience:

- Avoid using talc or creams on the chest on the day of the test as the ECG electrodes may not stick.
- You will be provided with a gown to wear - wearing a two-piece outfit may therefore be more comfortable as you will need to undress to the waist as the physiologist will need access to your chest.
- Avoid wearing tights if possible as sticky patches (electrodes) will be placed on your ankles.

What happens during the test?

The ECG is performed in a private room.

You will be provided with a gown to wear and the physiologist will need access to your chest.

You will be asked to lie quietly on a couch and small sticky patches (electrodes) will be placed on your arms, ankles and chest (some men may need to have very small areas of the chest shaved to allow the electrodes to stick). The electrodes are connected by wires to the ECG machine.

You will be asked to remain still as the recording is made.

Can someone accompany me?

You may, if you wish, bring a friend or relative who may be present during the ECG.

If you require a female operator or chaperone please advise us before your appointment.

Will I feel any discomfort during the test?

No, you will not feel anything. The test is entirely painless.

How long does it take?

The whole test lasts about 5-10 minutes.



British Society
of Echocardiography
Accredited Department



heartscan

SPORTS SCREENING

The Osborne Clinic, 22 Osborne Avenue
Jesmond, Newcastle upon Tyne NE2 1JQ.

t: 0191 646 1066 f: 0191 247 5885 e: info@heartscan.co.uk

www.heartscan.co.uk

Heartscan is registered with the Care Quality Commission

Call us on 0191 646 1066 or visit our website

screening.heartscan.co.uk