

# Electrocardiogram (ECG) Information

An ECG is not appropriate for clients with a pacemaker or mechanical device in situ, and may not be performed if currently being investigated/monitored by a cardiologist.

## What is an ECG?

An ECG (electrocardiogram) records the electrical activity of the heart. The heart produces tiny electrical impulses which spread through the heart muscle to make the heart contract. These impulses can be detected by the ECG machine.

An ECG is a simple and valuable test which is painless and harmless.

You will need to lie still and quiet whilst the ECG is performed.

## What does an ECG show?

The ECG can show:

Abnormal heart rhythm.

Previous heart attacks.

An enlarged heart.

Some irregularity in rhythms which may be nothing to be concerned about.

## Preparation for the test

We ask that you wear a top that can be easily removed, or loosened and ideally do not wear several layers.

Avoid using moisturiser.

We will ask you to remove your watch and leave your mobile phone to one side.

Avoid tights or stockings as access to ankles is required. You may need to loosen your bra.

At all times we will maintain your privacy and dignity.

## Results

Your screening nurse will review the results along with your other tests and advise you by letter whether your results are normal, or whether you need to discuss the ECG with your GP.

With your prior consent your GP will be sent a copy of all your screening results.

You will receive a summary of your ECG result as part of your health screening report.

ECGs alone do not detect all heart problems, and any relevant symptoms should be discussed with your GP.

## How is it done?

Small electrodes are stuck onto your body, arms legs and chest. Wires from the electrodes are connected to the ECG machine. The machine detects and amplifies the electrical impulses and records them onto paper.