



You have been scheduled for an **Electrocardiogram (EKG or ECG)**

Appointment Date	
Arrival Time	

You have been scheduled for an **Electrocardiogram (EKG or ECG)**.

What is an Electrocardiogram or EKG?

- An Electrocardiogram is a noninvasive test that records the electrical activity of the heart.
- The electrical activity is related to the impulses that travel through the heart that determine the heart's rate and rhythm.
- Electrodes are placed on the chest.
- The test takes about five to ten minutes.
- This test must be ordered by a doctor.

Why is an Electrocardiogram Done?

- This test will help the doctor to evaluate the patient's cardiac condition related to:
 - If a heart attack has occurred
 - What part of the heart was damaged
 - If there are any irregular heart beats or rhythm
 - If there is a decreased supply of blood and oxygen to the heart

What Preparation is Necessary for this test?

- No restrictions on food, liquid or medications prior to the test.
- Bathe prior to having this test done to assure that body oils have been removed.
- Do not apply lotions, oils, or powder to the chest.
- If you are taking any medications, be sure to tell the EKG technician about these drugs beforehand. This is because certain medicines have effects on the heart that can influence the appearance of an EKG tracing.
- You will be asked to remove any bracelets and long necklaces during your EKG; you may wish to leave these items at home. Also, it would be helpful to wear a shirt that can be unbuttoned easily.

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