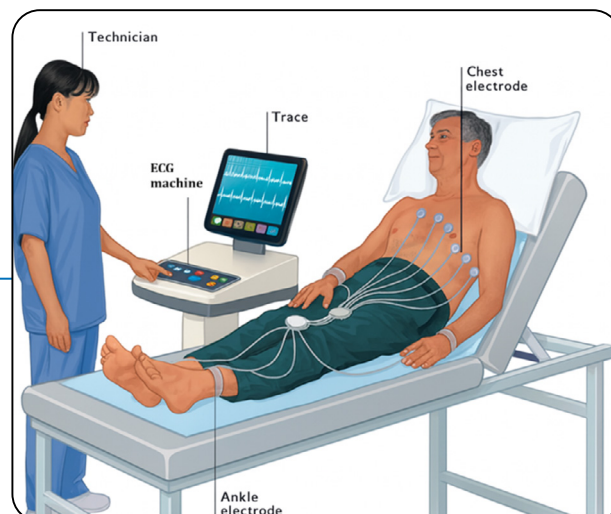


# Having an ECG

An **ECG (Electrocardiogram)** is a **simple and painless test** that only takes a few minutes. It tells us about the **rate** and **rhythm** of your heart.



## What to expect:

- **Clothing:** You will need to remove clothing from the top half of your body, including your bra (if wearing one). A hospital gown will be provided for your comfort.
- **Position:** You will be asked to lie down on a bed during the procedure.
- **Electrode Placement:** The technician will feel down your rib spaces to ensure proper placement of electrode stickers according to Society for Cardiological Science & Technology (SCST) guidelines. Additional stickers will be placed on your arms and legs.
- **Clothing on Lower Body:** There is no need to remove your trousers, but tights may need to be removed for proper placement of the electrodes.
- **Skin Preparation:** The skin may be gently rubbed with mildly abrasive paper to ensure the stickers adhere properly.
- **Connection:** Wires will be clipped onto the electrodes once they are in place.
- **Recording:** Once everything is set up, you'll be asked to relax and stay as still as possible while the ECG recording takes place – which usually takes approximately 5 minutes. The results will then be sent to your electronic patient record for the referrer to review.
- **Chaperone Information:** You're welcome to bring a friend or family member to act as a chaperone during your ECG. If you'd like us to provide a chaperone, please let us know in advance. You may also request a male or female staff member to perform your ECG. We'll do our best to accommodate your preference, but this may delay your appointment or require rescheduling if not possible at the time.

