

### What is Electrocardiogram (ECG)?

- Electrocardiogram (ECG) is a test that measures the electrical activity of **your** heart **beats**.
- It is also called a 12-lead ECG because it gathers information from 12 different areas of the heart. The electrical activity is recorded as waves on a graph paper.
- Each **heart** beat **has its** electrical impulse (or “wave”) **that** travels through the heart. This wave causes the **heart** muscle to squeeze and pump blood from the heart to **the whole** body.

### Why is it done?

From **your ECG**, the doctor can determine:-

- i) any abnormalities **with your heart beats**.

- ii) whether the heart beat is normal, regular, slow, fast or irregular

### Preparing for your ECG

- You will be asked to remove / loosen your clothing.
- You will then lie down on your back.
- Electrodes (small pads) are placed on your chest, shoulders, and legs. 10 Electrodes will be attached to you.
- The electrodes transmit heart’s electrical activity to the ECG Machine.

### What happens during an ECG?

- You have to be relaxed and breathe normally during the procedure.
- The procedure will take approximately 5 to 10 minutes.

### Does it hurt?

- There’s no pain or risk associated with having an ECG.
- When the ECG stickers are removed, there may be some minor discomfort.

### What happen after ECG?

- The doctor **will** explain the result to **the** patient.
- If there is any abnormality the doctor will recommend other tests and advice on treatment plans.