

心电图 (ECG或EKG)

Electrocardiogram (ECG or EKG)

An EKG is a test that records the electrical activity of the heart. With each heart beat, an electrical impulse travels through the heart. This impulse causes the heart muscle to squeeze and pump blood from the heart.

An EKG will show the doctor if:

- The electrical impulse is normal, slow, fast or irregular.
- The heart is too large or overworked.
- There is damage to the heart muscle from a heart attack.

This test is often done as part of routine care for older people who may be at higher risk for heart disease.

Arrive on time for your test. The test takes about 15 minutes.

To Prepare

- Avoid using lotion the day of the test. The sticky pads, called electrodes, may not stick as well.
- Wear a shirt that buttons up the front for easy placement of the pads on your chest. You may wear a hospital gown.

During the Test

- You will lie down on a table.
- Men may have some of their chest hair shaved.
- 12 pads are placed on your chest, arms and legs.
- The pads are connected to wires that go to the EKG machine.

心电图是一种记录心脏电波活动的检查。每次心脏跳动时，电脉冲就会在心脏中传播。这种脉冲会挤压心肌，从心脏泵出血液。

心电图将向医生显示是否存在以下情况：

- 电脉冲是否正常、缓慢、快速或不规则。
- 心脏是否存在肥大或过度疲劳。
- 心脏病发作会损害心肌。

高龄老人的心脏病风险较高，这项检查通常是其常规护理的一部分。

请准时前来接受检查。检查约需15分钟。

准备

- 避免在检查当天使用身体乳。否则，检查仪器电极的粘垫可能无法粘在身体上。
- 穿着可在前身解开上衣，以方便将电极放在胸前。您可能需要换上医院的罩衣。

检查期间

- 你将躺在检查台上。
- 男性可能需要剃掉部分胸毛。
- 医护人员将在您的胸部、双手腕和双脚腕粘附 12 个电极。
- 这些电极通过导线连接心电图仪。

- Lay still for about 20 seconds as the machine records your heart's activity.
 - There is no pain with this test.
 - When the EKG is done, the pads and wires will be removed.
 - Test results are sent to your doctor. Your doctor will share the results with you.
- 机器记录您的心脏活动时，请保持静止约 20 秒钟。
 - 这是一项无痛检查。
 - 完成心电图检查后，即可摘除电极和导线。
 - 检查结果会发送给医生。医生会告知您检查结果。

Talk to the staff if you have any questions or concerns.

若有任何疑问或担忧，请联系工作人员。