

# 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.

**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.
- 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.

# 心电图（ECG或EKG）

心电图（EKG）是一种对心脏的电活动进行记录的检查。心脏每次跳动时，均有一个电脉冲穿过心脏。这个电脉冲会让心脏肌肉收缩，将血液从心脏泵出。

医生透过心电图，可瞭解：

- 电脉冲正常、过慢、过快还是不规则。
- 心脏是否过大或负荷过重。
- 心脏病是否对心脏肌肉造成了损伤。

**准时前来检查。**检查大约需要 15 分钟。

## 检查前的准备

- 检查当天不要涂抹护肤用品，否则电极片可能无法在皮肤上粘牢。
- 穿钮扣在正面的衬衣，以便在胸部安置电极。可穿医院发给的罩衣。

## 检查过程中

- 平躺在检查台上。
- 男性可能须剃去部分胸毛。
- 胸部、手臂和腿部安置 12 个电极片。
- 电极透过导线与 EKG 心电图记录仪相连。
- 静躺约 20 秒钟，让心电图记录仪记录您心脏的活动情况。
- 此检查为无痛检查。
- 检查结束后，取下电极。

- Test results are sent to your doctor. Your doctor will share the results with you.

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

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- 检查结果将送交给您的主治医生。主治医生会转告您。

如有任何疑问或疑虑，请向工作人员提出。

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