

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.

Electrocardiograma (ECG)

El ECG es un examen que registra la actividad eléctrica del corazón. Con cada latido, un impulso eléctrico pasa a través del corazón. Este impulso hace que el músculo cardíaco se contraiga y bombee sangre desde el corazón.

El electrocardiograma le dirá al médico si:

- el impulso eléctrico es normal, lento, rápido o irregular;
- el corazón es demasiado grande o está sobrecargado;
- existe daño en el músculo cardíaco debido a un ataque cardíaco.

Llegue puntualmente a su examen. El examen dura aproximadamente 15 minutos.

Preparación

- Evite usar loción el día del examen, ya que esto podría ocasionar que las almohadillas autoadhesivas, llamadas electrodos, no se adhieran bien.
- Use una camisa que se abotone por el frente para colocarle los electrodos fácilmente en el pecho. Puede usar una bata de hospital.

Durante el examen

- Se recostará sobre una camilla.
- A los hombres se les puede afeitar parte del pecho.
- Se le colocan 12 almohadillas en el pecho, los brazos y las piernas.
- Las almohadillas se conectan a cables que van a la máquina de ECG.
- Acuéstese quieto durante unos 20 segundos mientras la máquina registra la actividad de su corazón.
- Este examen no causa dolor.

Electrocardiogram. Spanish.

- 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.

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

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- Cuando el ECG termine, se le retirarán las almohadillas y los cables.
- Los resultados del examen se le envían a su médico, quien se los informará a usted.

Hable con el personal si tiene alguna pregunta o inquietud.

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