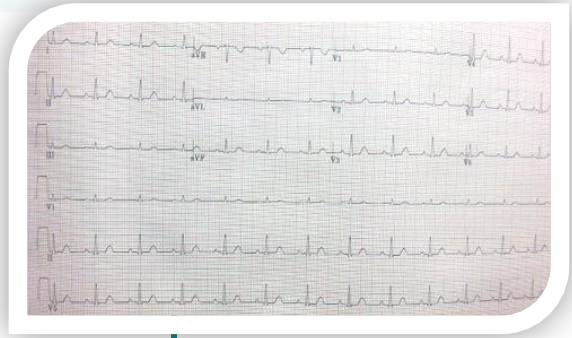


# Getting an ECG

**ECG** and **EKG** are both short for **electrocardiogram**. It's a test that records electrical signals from your heart onto a paper strip. The pattern of the signals helps tell the doctor if your heart is normal or under stress. It can also show if your heart has electrical problems, strain, or damage.



## Getting Ready

- ☑ Wear loose, comfortable clothes with a top that's easy to take off.
- ☑ Come 10 or 15 minutes early to check in. You'll need to fill out paperwork before the test.

## What Happens During an ECG

- We ask you to remove your clothing from the waist up and put on a gown. You then lie down on your back.
- We place small pads called electrodes on your chest, shoulders, and legs.
- The electrodes record your heart rhythm and any change in your heart's signals that occur during the test.
- We remove the electrodes when you're done. The ECG takes about 10 minutes.



## After the Test

- You can do what you normally do. Enjoy the rest of your day!
- Your doctor will get the results of your ECG.

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### Questions? Call Us!

Heart Station, Diagnostic Center, 2<sup>nd</sup> Floor – Main Hospital

Phone: (505) 272-2403 7:00 a.m. – 5:00 p.m.

After 4:00 p.m. call 272-2111. Ask for the "Cardiology Fellow" on call.

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