

EPS（电生理检查）

EPS (Electrophysiology Study)

EPS is a test that checks the electrical system of your heart. It is done to find why you are feeling faint or dizzy or having irregular or fast heart beats.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

Arrive on time for your test. The test takes 1 to 4 hours.

To Prepare

- Do not eat or drink anything, including water, after midnight before your test.
- Ask your doctor if you should take your medicines the morning of your test. If so, take with sips of water only.

During the Test

- You will wear a hospital gown and lie on an x-ray table.
- An IV (intravenous) is put in a vein in your arm.
- You are awake during the test. You may be given medicine in your IV to help you relax.
- Small pads are put on your back, chest and legs to check your heart. For men, chest hair may need to be clipped.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked during the test.
- You are covered with a sheet and your gown is removed. Keep your hands under the sheet.

EPS 是一项考察心脏电系统的检查。它可查明您感到晕厥、眩晕或出现不规则心跳或心跳过速的原因。

检查结束后，您需要在成年家人或朋友的护送下回家。对您而言，驾车或独自回家是不安全的行为。

准时前来接受检查。 检查耗时 1 至 4 个小时。

准备工作

- 检查前一天的午夜之后，请勿饮食，包括水。
- 向医生咨询检查当天上午是否应当服药。若需服药，请仅用少量水送服。

检查过程中

- 您将穿着病号罩衣，并躺在 X 光诊断台上。
- 您的手臂静脉将被插入 IV（静脉）输液管。
- 检查过程中，您将保持清醒。您可能经由静脉接受帮助放松的药物。
- 您的背部、胸部和腿部会被放置小垫片，以监控心脏状况。男性可能需要剔除胸毛。
- 您的手臂上会佩戴血压袖带。检查过程中，您的血压和心率将受到监控。
- 您的身体将覆盖被单，并脱去病号罩衣。请始终把双手放在被单下面。

- Either your groin or your arm will be cleaned. Your groin may be shaved if used.
- The doctor numbs your groin or arm. This stings for a few seconds. After this, you should only feel pressure and no pain.
- A needle then a soft tube called a catheter is put into your blood vessel. The doctor watches on the screen as the tube is moved to your heart.
- The doctor will put some wires through the tube into your heart. You may feel a pinch in your back.
- You may feel skipped heart beats or fluttering. This is normal. If you feel any pain or discomfort during the test, tell your doctor.
- Your heart beat and your blood pressure are measured by the wires.
- During the test, the table may be moved so your head is up. Your neck may be rubbed. You may be asked to hold your breath and push as if you are having a bowel movement. You may be given medicines.
- The tube and wires are removed.
- Pressure is put over the site for 5 to 15 minutes to stop bleeding. A bandage is put over the site.
- The doctor will talk to you about your test results.
- 腹股沟或手臂将被清洁干净。若是腹股沟，则可能需要剃毛。
- 医生对腹股沟或手臂进行麻醉。这会带来数秒钟的刺痛感。麻醉后，您仅可感到压迫感，但无痛感。
- 由针头和软管组成的导管被插入血管。医生通过屏幕进行操作，将导管置入心脏。
- 医生将通过导管将一些电线置入心脏。您的背部可能有夹捏感。
- 您可能感到心搏漏跳或颤动。这是正常现象。若您在检查过程中感到疼痛或不适，请告诉医生。
- 您的心跳和血压将通过电线进行测量。
- 检查过程中，工作台可能移动，因此您的头部会被抬起。您的颈部可能受到揉擦。您可能被要求屏住呼吸和用力，好似排便时的动作。您可能需要接受药物。
- 导管和电线被移除。
- 插入部位需要被按压 5 到 15 分钟，以止血。插入部位会绑上绷带。
- 医生会告知您检查结果。

After the Test

- If the groin site was used:
 - ▶ You need to lie flat in bed for the next 6 hours with your leg straight.
 - ▶ During this time, you must use a bedpan or urinal instead of getting up to go to the toilet.
- Your site, pulse and blood pressure will be checked often.
- You can eat and drink.
- The IV will be removed before you go home.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- The site will be tender for 1 to 2 days after the test.

Your Care at Home

Today

- Rest at home.
- Eat your normal diet.
- Remove the pressure bandage at bedtime and put on a clean band-aid.

Other Care

- You can take a shower.
- Do not take a tub bath for 1 week after the test.
- Do not scrub the site.
- Remove the band-aid over the site when you shower.
- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for any more redness, bruising or swelling.

检查之后

- 如果选择腹股沟部位：
 - ▶ 接下来的 6 个小时内，您需要平躺在床上，保持双腿伸直。
 - ▶ 在此期间，您必须使用便盆或尿壶，而不可起身去洗手间。
- 插入部位、脉搏和血压将被频繁检查。
- 可以饮食。
- 回家前，静脉输液管将被移除。
- 检查过程中所给予的药物会令您昏昏欲睡。为了安全起见，您需要在成年家人或朋友的护送下回家。
- 插入部位在检查后的 1 到 2 天里会有触痛。

家中护理

检查当天

- 在家休息。
- 正常饮食。
- 睡前拆除压力绷带，换上干净的创可贴。

其他护理

- 可以淋浴。
- 检查后 1 周内请勿盆浴。
- 请勿擦洗插入部位。
- 淋浴时取下覆在插入部位的创可贴。
- 可让插入部位暴露在外，或覆上干净的创可贴。
- 每天检查插入部位的发红、瘀伤或肿胀是否加重。

- Do not drive for 2 to 3 days.
- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.

Call your doctor **right away** if you have:

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, or tenderness at the site
- Drainage or warmth at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

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

- 检查后 2 到 3 天内请勿开车。
- 检查后 3 天内，请勿锻炼、跑步或提举超过 10 磅或 4.5 公斤的物体。

若有下列现象，请**立即**联系医生：

- 插入部位血流不止
- 插入部位剧痛或刺痛
- 插入部位肿胀、发红、瘀伤加重或触痛
- 插入部位有液体流出或温热
- 脚部或手部冰冷或苍白
- 脚趾或手指活动困难
- 麻木或虚弱
- 发烧或寒战
- 意识混乱或迟钝

若插入部位血流不止或肿块增大，**请平躺、用力压迫插入部位并拨打 911。**

若有任何疑问或担忧，请联系工作人员。