

心電圖 (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.

EKG是記錄心電活動的一種測試。隨著每一次心跳，一個電脈衝會穿過心臟。這一脈衝引起心肌緊縮並泵動心臟，輸出血液。

EKG 將向醫生顯示以下情況：

- 電脈衝是正常、緩慢、快速或不規則。
- 心臟太大或超負荷。
- 心臟病發作對心肌的傷害。

這項測試通常作為對心臟病風險較高的老年人的常規護理一部分。

做測試請準時到達。測試約需時15分鐘。

準備工作

- 測試當天避免使用乳液。否則，稱為電極的黏襯墊可能黏不住。
- 穿一件從胸前扣鈕釦的襯衫，以便在您的胸部放置襯墊。您可能要穿一件醫院的袍子。

測試期間

- 您將躺在一張臺上。
- 男性可能要剃掉一些胸毛。
- 將在您的胸部、手臂和腿上放置12個襯墊。
- 襯墊會連接至接通EKG機的電線上。

- 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.
- 靜躺大約20秒鐘，讓機器記錄您的心臟活動。
 - 此測試無疼痛。
 - 做完EKG時，會除去襯墊和電線。
 - 測試結果會送給您的醫生。您的醫生會告知您結果。

如果您有任何疑問或顧慮，請告知職員。

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