

A resting electrocardiogram (ECG) is a simple test that can be used to check your heart's rhythm and electrical activity.

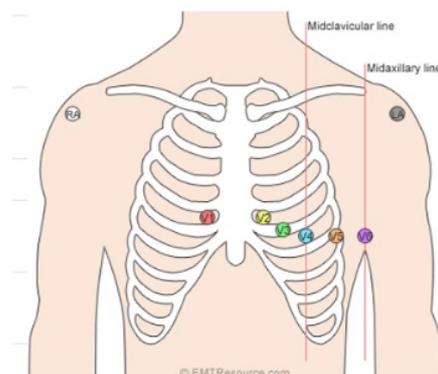
An ECG can help detect:

- **arrhythmias** – where the heart beats too slowly, too quickly, or irregularly
- **coronary heart disease** – where the heart's blood supply is blocked or interrupted by a build-up of fatty substances
- **heart attacks** – where the supply of blood to the heart is suddenly blocked
- **cardiomyopathy** – where the heart walls become thickened or enlarged

Previous ECGs also monitor a person to see if there have been subtle changes over time

How an ECG is carried out

Generally, the test involves attaching 10 small, sticky sensors called electrodes to your arms, legs and chest.



These are connected by wires to an ECG recording machine
You don't need to do anything special to prepare for the test.

Before the electrodes are attached, **you'll need to remove your upper clothing**, and sometimes your chest may need to be shaved or cleaned. Wearing a sports bra without under wiring is idea for women

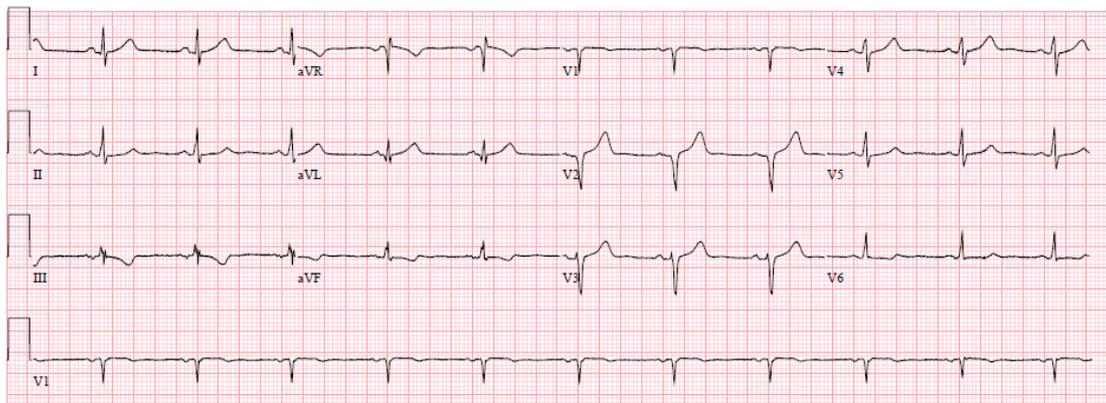
having an ECG done. You can request a chaperone or bring someone with you to support you if you wish.

Once the electrodes are in place, you'll be offered a hospital gown to cover yourself.

The test itself will normally only last a few minutes

Results

An ECG recording machine will usually show your heart rhythm and electrical activity as a graph displayed electronically and printed on to paper as below.



The aeromedical doctor will advise you if the ECG is satisfactory or if it needs to be reviewed by a cardiologist

Are there any risks or side effects?

An ECG is a quick, safe and painless test.

No electricity is put into your body while it's carried out.

There may be some slight discomfort when the electrodes are removed from your skin – similar to removing a sticking plaster – and some people may develop a mild rash where the electrodes were attached.

How often?

The need to have an ECG depends on your age usually and the schedule can be checked on your license or via the CAA website

For further questions please email us at info@flyingmedicine.uk or discuss it with the team when you arrive.