**SUNNYSIDE SURGERY – ECG Patient Information Sheet**

**How an ECG is carried out**

The test involves attaching a number of small, sticky sensors called electrodes to your arms, ankles and chest. These are connected by wires to an ECG recording machine.

Before the electrodes are attached, you'll usually need to unbutton shirts or remove your upper clothing and sometimes your chest may need to be shaved or cleaned. Once the electrodes are in place, the test itself will normally only last a few minutes, and you can usually go home soon afterwards.

**How to prepare for your ECG:-**

* **Wear loose clothing**
* Take off watches and magnetic bracelets
* Ladies – it is best not to wear tights (electrodes are attached to your ankles) or an underwired bra

All of these things will help your appointment run smoothly

**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.