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ECHOCARDIOGRAPHY & SPORTS SCREENING

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**[www.heartscan.co.uk](http://www.heartscan.co.uk)**

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**British Society  
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Accredited Department**

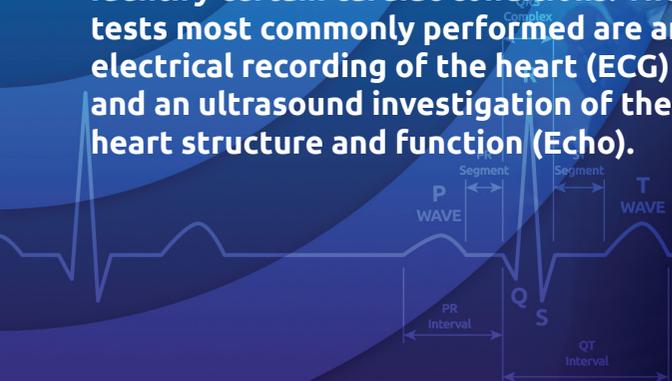


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# Sports Cardiology Screening

**[www.heartscan.co.uk](http://www.heartscan.co.uk)**

**HeartScan's sports cardiology screening uses a combination of cardiac investigations in conjunction with a detailed medical questionnaire to help identify certain cardiac conditions. The tests most commonly performed are an electrical recording of the heart (ECG) and an ultrasound investigation of the heart structure and function (Echo).**



### **How is an ECG performed?**

Small sticky patches (electrodes) are placed on the arms, legs and chest. These are connected to the ECG machine which picks up the electrical activity from your heart. The electrical signals are printed out on paper for analysis and a copy stored digitally.

### **Is there any special preparation for an ECG?**

There are no special preparations. You can eat and drink normally before and after the test and any medication can be taken as usual.

However, please inform HeartScan before your appointment if you are allergic to Elastoplast.

Some recommendations for your convenience:

- Avoid using talc or creams on the chest on the day of the test as the ECG electrodes may not stick.
- Wearing a two-piece outfit may be more comfortable as you will need to undress to the waist.
- Avoid wearing tights if possible as sticky patches (electrodes) will be placed on your ankles.

### **Can someone accompany me?**

You may, if you wish, bring a friend or relative who may be present during the ECG.

If you require a female operator or chaperone please advise us before your appointment.

### **What happens during the test?**

The ECG is performed in a private room as you will need to undress to your waist.

If you are a female you will be required to either remove or loosen your bra and you will be provided with a gown to wear.

You will be asked to lie quietly on a couch and small sticky patches (electrodes) will be placed on your arms, ankles and chest (some men may need to have very small areas of the chest shaved to allow the electrodes to stick).

The electrodes are connected by wires to the ECG machine.

You will be asked to remain still as the recording is made.

### **Will I feel any discomfort during the test?**

No, you will not feel anything. The test is entirely painless.

### **How long does it take?**

The whole test lasts about 5-10 minutes.

For more information on echocardiogram, please refer to our red leaflet named 'private echocardiogram'.