# PATIENT INFORMATION LEAFLET

Your ECG Appointment — What to Expect

Provided by TeqDr (Hippocrates Digital Ltd) in partnership with your healthcare provider

Your psychiatry provider and **TeqDr** are working together to perform and prepare an ECG report which your doctor may require as you start your treatment. This leaflet explains what an ECG is, why it has been requested, and what will happen at your appointment.

## WHAT IS AN ELECTROCARDIOGRAM (ECG)?

An ECG (electrocardiogram) is a simple, painless recording of your heartbeat. It is one of the most common heart tests performed and takes only a few minutes.

The heart beats by producing small electrical signals, which travel through the heart and spread across your muscles and skin. An ECG machine detects and records these signals as a graph — known as an ECG trace.

## WHY HAS AN ECG BEEN REQUESTED?

Your doctor may have already explained why an ECG has been requested. Common reasons include:

- To check your heart rhythm before starting certain types of medication
- To identify or rule out any underlying heart conditions
- As a routine safety check prior to commencing ADHD or other psychiatric medication

## PREPARING FOR YOUR ECG

Please follow these simple steps before your appointment:

- **Do not apply** any body lotions, creams, or oils to your skin on the day of your ECG.
- **Wear comfortable clothing** that is easy to remove from the waist up.
- If you are **under 18**, you **must be accompanied** by a parent or legal guardian.
- Continue to take any regular medication unless your doctor has advised otherwise.

## CHAPERONES

A chaperone is a trained person who stays with you during your ECG to support your privacy and dignity.

- **Every patient is offered a chaperone** when they book. The offer, and whether you accept or decline it, is recorded.
- If you would like a formal chaperone, we will book you into a site and date where a trained chaperone is available. If your booked site cannot provide one, **we will rebook your appointment** rather than go ahead without one.
- You are welcome to bring a relative or friend with you, but they come **in addition to** a chaperone, not instead of one.
- You can ask for a chaperone **at any time**, including on the day, and you can **stop the ECG at any point**.
- Please tell us when booking if you would like a chaperone or have a preference for the gender of your technician. We will try to meet that preference but cannot always guarantee it.

## WHAT HAPPENS DURING YOUR ECG?

Your ECG will be carried out by a trained ECG technician at a GP practice or other NHS or private healthcare premises.

Here is what to expect, step by step:

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| **1** | You will be asked to undress from the waist up. ECG pads are also placed on your lower legs, so you may need to remove tights or tight trousers. |
| **2** | You will be asked to lie down on a couch or examination table. |
| **3** | Small sticky electrode pads will be attached to your arms, legs, and chest. Your skin may be wiped with an alcohol swab beforehand, or lightly shaved if necessary, to ensure a good connection. |
| **4** | You will be asked to **relax completely and stay still**. This is very important — movement can interfere with the recording. |
| **5** | The technician will start the ECG machine and record your heartbeat. This usually takes **a few minutes**. You will not feel anything. |
| **6** | Once complete, the electrodes and wires will be removed. You can get dressed and leave. |

## YOUR CONSENT

- Your technician will explain each step and **ask for your consent** before starting.
- You can ask questions, and ask for the procedure to be **paused or stopped at any time**.
- You will be covered (for example with a gown or sheet) as much as possible, and only exposed when the electrodes are being placed.

## AFTER YOUR ECG

Your ECG recording will be securely sent to a specialist **TeqDr Consultant Cardiologist** or **Consultant Paediatrician** for expert analysis and reporting.

The completed report will be sent directly to your referring doctor, who will advise you on any further action required. You will **not receive results directly** from TeqDr — please contact your referring provider for your results.

■ **Your Privacy:** Your personal and health information is handled in strict confidence and in full compliance with UK GDPR and the Data Protection Act 2018. TeqDr is CQC-registered and operates to NHS Data Security and Protection Toolkit standards.