

PREPARATION INSTRUCTIONS

Preparing for your ECG

An electrocardiogram (ECG) is a quick, painless recording of your heart's electrical activity, taken at an i-screen affiliated collection centre. A little preparation helps the team get a clean, accurate tracing.



15–30 min

a short appointment



No fasting

eat & drink normally



Non-invasive

painless, no needles

1 Before your appointment

A few simple things help the electrodes stick and keep your reading accurate.

- **Bring your i-screen request form** – printed and signed, or shown on your phone – along with your Medicare card and any concession or DVA card.
- **Bring a list of your medications and supplements.** Some can affect the tracing, and the team will record them. Keep taking them as normal unless your own doctor has told you otherwise.
- **Skip lotions, oils, powders, spray deodorant and perfume** on your chest, arms and legs on the day – they stop the electrodes sticking and reduce the quality of the tracing. Please don't apply any before you arrive.
- **Wear loose, two-piece clothing with short sleeves,** so electrodes can be placed on your chest, wrists and ankles and removed easily.
- **Go easy on caffeine and heavy meals** in the couple of hours before, where you can – coffee, tea and energy drinks can lift your heart rate. Fasting is not required.
- **Tell the team if you have a pacemaker** or any implanted cardiac device.
- **Arrive relaxed.** Rushing or stress can nudge your heart rate up, so allow a little time to settle before the recording.

Keep taking your regular medicines



Don't stop or change any medication for this test unless your own doctor has specifically told you to.

2 What happens on the day

The whole visit takes about 15–30 minutes – most of that is set-up. The recording itself lasts under a minute.

- 1 You'll remove upper garments, shoes and socks, and any jewellery near the electrode sites, then **lie down** on the exam table.
- 2 The technician **prepares your skin** and places **10 small sticky electrodes** on your chest, wrists and ankles. Some chest hair may need a small shave so they stick well.
- 3 You **lie still and breathe normally** for a few seconds while the machine records. No electricity passes into you – the ECG only listens to your heart.
- 4 The electrodes are removed and you can dress and go. There are **no after-effects** – you can drive and return to normal activity straight away.

3 Your results

Your tracing is reviewed by qualified health professionals and appears in your secure i-screen dashboard with clear, personalised insights – typically within a couple of days.

An ECG is a snapshot in time. A normal result doesn't rule everything out, and some findings need a follow-up. We'll flag anything that needs attention – and it's always worth talking through your results, and any symptoms, with your own doctor.



This test isn't for emergencies

If you have chest pain, severe breathlessness, fainting or other urgent symptoms now, don't wait for an appointment – call 000 or go to your nearest emergency department.

Questions before your appointment? Email us at info@i-screen.com.au and the team will be glad to help.