

# Frequently Asked Questions Regarding an Electrocardiogram (EKG)

- **What is an EKG?**

An electrocardiogram (EKG) is a graphic tracing of the electrical activity of the heart. The physician can look at the rhythm or electrical beating of the heart with this test. It is noninvasive – meaning that it does not involve needles or blood. It is not painful and does not give any radiation exposure.

- **How does the test work?**

An electrocardiogram is a graphic recording from the heart's electrical impulses. It is a painless, non-invasive procedure that does not require an IV. It simply measures the electrical activity of the heart as it beats. A cardiologist will read the test.

- **How do I know if I need an EKG?**

These screenings are for student-athletes entering grades 7, 9, and 11 next school year.

- **How long will the test take?**

The test usually takes about 5 to 10 minutes.

- **How do I prepare for the test?**

No preparation is required for this test. It is best not to use oil-based lotions for your skin on the day of the test. You do not have to change your diet or eliminate caffeine before the test. You should perform your daily routine activities.

- **What will happen during an electrocardiogram?**

You will be asked to remove your shirt or blouse, and lie down on your back. If you are wearing a sport bra, you can leave it on and the technician will work around it. Small plastic tabs called electrodes are placed on the chest, arms, and legs with a special tape. The wires from the EKG machine are attached to the tabs. You will be asked to lie still. The EKG records a picture of your heart's electrical impulses.

- **What happens after the test?**

The technician will remove the sticky tabs from your skin (usually not painful – feels like a Band-Aid being pulled), and you are ready to go. You can return to your normal activities immediately following the EKG.

- **How will I get the results of the EKG?**

If your EKG is abnormal, your parent or legal guardian will be contacted, and you will be referred to your primary care physician for further evaluation before being cleared for sports participation.

- **How long will it take for me to get the results of the EKG?**

The EKG interpretation will be complete within 14 days. Results will be sent to the primary care physician listed on your paperwork at the time of testing.

- **Is there a cost for the EKG?**

There is no cost for the student or school since this is part of the Licking Memorial Health Systems Sports Pre-participation Screening Program.

**Please email: [sportsphysicals@LMHealth.org](mailto:sportsphysicals@LMHealth.org), if you have any questions.  
Please do not contact individual physician offices with questions.**

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