

Electrocardiogram (ECG or EKG)

An EKG is a test that records the electrical activity of the heart. With each heart beat, an electrical impulse travels through the heart. This impulse causes the heart muscle to squeeze and pump blood from the heart.

An EKG will show the doctor if:

- The electrical impulse is normal, slow, fast or irregular
- The heart is too large or overworked
- There is damage to the heart muscle from a heart attack

Arrive on time for your test. The test takes about 15 minutes.

To Prepare

- Avoid using lotion the day of the test. The sticky pads, called electrodes, may not stick as well.
- Wear a shirt that buttons up the front for easy placement of the pads on your chest. You may wear a hospital gown.

During the Test

- You will lie down on a table.
- Men may have some of their chest hair shaved.
- 12 pads are placed on your chest, arms and legs.
- The pads are connected to wires that go to the EKG machine.
- Lie still for about 20 seconds as the machine records your heart's activity.
- There is no pain with this test.

Qalabka duuba garaaca wadnaha **(Electrocardiogram (ECG ama EKG))**

EKG waa baaritaan diiwaan geliya hawlaha koronto ee wadnaha. Iyadoo garaaciddii kasta ee wadne, ay maayad koronto ku socoto wadnaha. Maayaddaan waxay keentaa in muruqa wadnuhu uu majuujiimo oo dhiig wadnaha ka soo tuuro.

EKG wuxuu takhtarka tusi doonaa haddii:

- Maayadda korontadu ay caadi tahay, hooseyso, dheereyso ama is daba-joog ahayn
- Wadnuhu uu aad u ballaaran yahay ama shaqadu ka badatay
- Ay jirto waxyeello muruqa wadnaha uga timid wadne qabad

Waqtiga ugu imow baaritaankaaga. Baaritaanku wuxuu qaadanayaa ilaa 15 daqiiqadood.

Si aad isugu Diyaariso

- Ka fogow isticmaalidda looshan maalinta baaritaanka. Gaballada xanjada leh, ee loo yaqaanno *electrodes*, ayey sidoo kale tahay in aan la isku soo dhejin.
- Soo xidho shaati guluusyadiisu kor u xirmayaan si markaas si fudud gaballada loogu dhejiyo feedhahaaga. Waxaad xiran kartaa goonnada isbitaalka.

Waqtiga Baaritaanka

- Waxaad ku seexan doontaa miis.
- Ragga waxaa laga yaabaa in timaha feedhaha kaga yaalla laga xiiro.
- 12 gabal ayaa feedhaha, gacmaha iyo lugaha lagaa saari doonaa.
- Gaballada waxaa lagu xiri doonaa xarko galaya makiinadda EKG.
- Waxaad dhacadiidsanaysaa ilaa 20 il bidhiqsi markaasoo ay makiinaddu diiwaan gelineyso hawsha wadnahaaga.
- Wax xanuun ah ma laha baaritaankanu.

- When the EKG is done, the pads and wires will be removed.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to the staff if you have any questions or concerns.

- Marka EKG la sameeyo, gaballada iyo xarkaha waa lagaa qaadayaa.
- Natiijooyinka waxaa loo diri doonaa takhtarkaaga. Takhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

Electrocardiogram. Somali.

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