



The stress ECG: getting well prepared will pay off!

A well-prepared skin improves the ECG signal!

- Clean and shave the affected areas before the examination.
- If necessary, use skin preparation cream.
- Check the ECG quality.
- Talk to the patient.
- Wait a little while so that the contact between the skin and the electrodes can develop optimally.
- The electrodes must not be pulled.

Important information for the patient

- Ideally, the patient should wear running shoes/sneakers.
- The patient should not wear functional underwear. (Fibres and friction = electrostatic charging and electrical currents can superimpose the ECG signal).
- During the recording, the patient should not hold the treadmill handles with the hands.
- During the ECG recording, the electrode wires must not come into contact with the patient, the treadmill or other objects.

Explaining the procedure in advance will reduce questions during examination

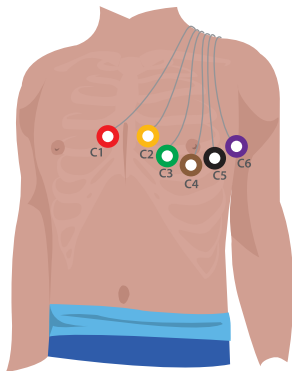
Before the examination, provide detailed briefing on:

- Blood pressure measurement
- Behaviour in the event of problems/discomfort
- If necessary, lactate measurement

Also important ...

- In order to fix the electrodes and cables to the patient's body and thus reduce interference with the ECG signal, the patient should wear a mesh shirt. There should be no "banging", "hanging" or "tight" cables in the way. Secure the cable and avoid pulling on it.
- Make sure that no wire runs over the contact of an electrode.
- Important: Check the placement of the electrodes and the ECG signal before starting the examination.
- **Motivate your patient !!!**

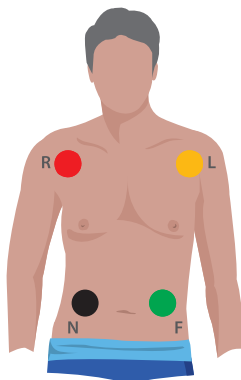
Electrode position



Chest electrodes: Standard according to Wilson

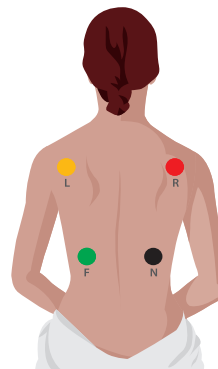
V1 (C1)		red	4th intercostal space at the right sternal border
V2 (C2)		yellow	4th intercostal space at the left sternal border
V3 (C3)		green	On the left on the 5th rib between C2 and C4
V4 (C4)		brown	5. Intercostalraum auf der linken Medioclavicularlinie
V5 (C5)		black	5th intercostal space on the left midclavicular line
V6 (C6)		purple	On the left on the midaxillary, on the level of C4

Place the electrode leads across the patient's shoulder for the stress ECG.



**Peripheral electrodes
Lying position (fig. left):**

R		red	On the right below the collarbone
L		yellow	On the left below the collarbone
F		green	On the left above the hip
N		black	On the right above the hip



Sitting (fig. right):

R		red	Attachment deltoid muscle right
L		yellow	Attachment deltoid muscle left
F		green	9th rib left
N		black	9th rib right

Tips

- Please note that the leads need time to “settle”
- If necessary, the filter settings can also be checked
- Troubleshooting assistance: Table for checking the leads

Application video

<https://www.customed.de/information/marketing/videos> or
https://www.youtube.com/channel/UCBax8tRzY_soTMYtNIOBYgw

