



awareness, support, screening and research

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Cardiac Testing

Who are CRY and why is cardiac testing important?

CRY is a UK charity whose mission is to raise awareness of potentially life-threatening cardiac abnormalities in apparently healthy young people. At least 12 young people aged 14–35 die every week in the UK from undiagnosed cardiac conditions. The majority of these deaths are preventable.

The CRY Screening Programme



Our tests are able to detect the majority of cardiac abnormalities most likely to affect young people. Before you are tested you should fully read the information provided.

CRY's screening programme is overseen by Professor Sanjay Sharma, Professor of Inherited Cardiovascular Disease and Sports Cardiology at St George's, University of London; Medical Director of the London Marathon; and Consultant Cardiologist for the London Olympics in 2012.

If you have any questions about screening, please visit www.testmyheart.org/q-a which features Professor Sharma's responses to common questions. Alternatively, contact CRY's screening team on 0203 691 0000 or at ecg@c-r-y.org.uk.

Before your appointment

A personal and family history medical questionnaire is completed at the time of booking an appointment. A copy of the consent form will be sent via email when the appointment is confirmed. Please print and sign the consent form and bring along to the appointment. Spare consent forms will be available on the day to sign. Please note that young people under the age of 16 must have their consent form signed by a parent or guardian before being tested.

It is advised not to apply body lotions on the morning of the screening. ECG leads will be attached to the chest, wrists and ankles, please wear suitable clothing for the test (e.g. avoid tights & dresses).

Procedure

An electrocardiogram (or ECG for short) takes 5–10 minutes to perform. You should rest for at least 30 minutes prior to your ECG. After the ECG has taken place it is reviewed by a doctor who is an expert in these conditions. The doctor reviews each individual in conjunction with the personal and family history medical questionnaire. Your results will be confirmed in writing within 4 weeks of the screening.

If you are female, please note that you will be required to either remove or loosen your bra for the ECG (and echocardiogram if required – see below). All CRY staff are DBS checked and female physiologists will be used when possible. If you wish, a chaperone can accompany you for the procedure.

We strongly recommend that a parent or guardian is present when the person being tested is under the age of 16.

Further testing

About 5–10% of individuals will require another test following the ECG – an echocardiogram (ECHO). An ECHO is similar to the ultrasound scan that is used on a pregnant woman to check the health of her baby.

Sometimes individuals will be invited to attend an appropriate hospital for further cardiac testing. Approximately 2–4% of people have abnormalities that need to be followed up in this way. The majority of these are not a problem. Additional tests such as a Holter monitor (a 24 or 48-hour ECG) or exercise stress test may be required. It is important to realise that a further review does not necessarily mean you have a cardiac condition, only that further information is required to give a full diagnostic evaluation.

