



Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Cardiac Department

Patient Information

Cardiomemo

Authors	Alex Pearce, Tim Eller & Caroline Reach
Department	Cardiology
Contact no.	01223 216990
Publish/Review date	March 2010/March 2013
Filename	Cardiomemo
Version no.	1/PIN2589

What is a Cardiomemo?

A cardiomemo is a small monitor (approximately the size of a small mobile phone) that you keep for 4 weeks, that records your heart rate and rhythm.

The cardiomemo is not attached to you via any wires or electrodes (stickers). It is a device that you place on your bare chest when symptoms are experienced. You then press a button to initiate the recording of your heart rate and rhythm. The monitor will beep to indicate it has begun recording and you then hold it in position, keeping it as still as possible, until you hear a long beep, signifying the end of the recording period.

After each recording you are required to send your recording to us, as soon as possible. You do so by dialling a telephone number (which will be given to you with the cardiomemo) and following the automated instructions. Transmission of your recording involves holding the cardiomemo against your telephone mouthpiece and sending your recording by pressing a button.

You will be given full instructions when you come for your appointment and an instruction leaflet to take home.

If you have any problems or queries relating to the cardiomemo during the recording period, you will be able to contact the Cardiology Department on 01223 216990.

What to expect while you have the monitor

The cardiomemo should be carried around with you for the duration of the monitoring period.

It should be kept dry and should not be exposed to prolonged sunlight or extreme temperatures.

Please can you also ensure that you have access to a telephone for the duration of the recording period so that you can send in your recordings to the Cardiology Department.

How long will it take?

It takes approximately 10-15 minutes to explain how to use the cardiomemo. During which time we will check the device is working properly, do a trial recording and answer any of your questions.

Returning the monitor

The cardiomemo is kept for approximately four weeks and you will be asked to return the cardiomemo on the last Thursday of the month. The specific date will be clarified with you when you come for your appointment. Someone can return the monitor on your behalf.

How do I get my result?

Any recordings that are considered to be abnormal during the recording period will be highlighted to your referring doctor and you may be contacted if necessary.

After the cardiomemo has been returned, all the recordings that you have sent to the Cardiology Department will be sent directly to your referring doctor.

A clinic appointment will be made for you to see the referring doctor and he/she will inform you of the result.

Other important information

Please inform reception of your arrival as soon as you enter the department. There are many other tests being performed so you may not be called in order of arrival.

You may bring a relative or friend with you to the appointment.