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

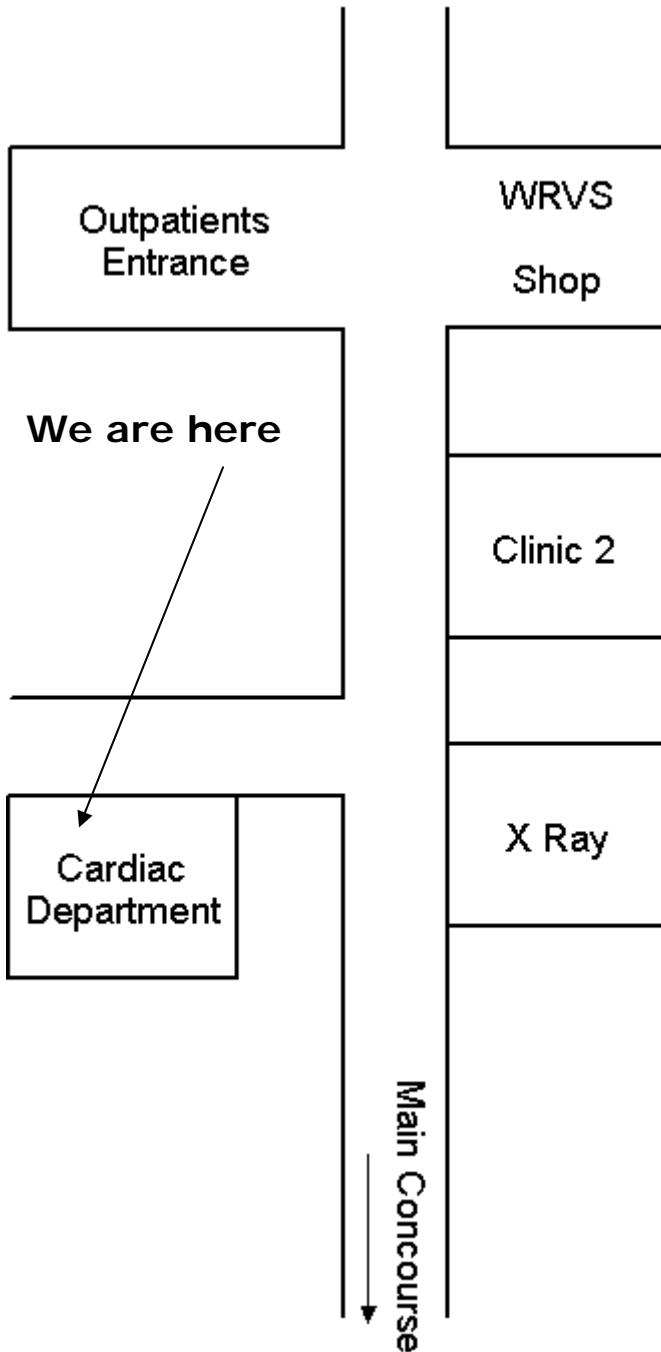
For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Cardiology Department

Patient Information

Ambulatory ECG monitor

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What is an ambulatory ECG monitor?

An ambulatory ECG monitor is a small lightweight device that measures the rate and rhythm of your heart, as you go about your normal daily routine.

Three small stickers (electrodes) are attached to your chest to which the leads from the monitor are connected. If possible, please wear separate tops and bottoms to allow the physiologist to attach the monitor to you easily.

The monitor is discreet and approximately the size of a small mobile phone. You may wear it on the waistband, belt or placed in the pocket.

It is expected that you will carry out all the activities you normally do during a 'typical' day. However, the monitor must be kept dry at all times, so you must not take a bath or shower.

It is important that you record the time (as displayed on the monitor) of any symptoms you experience onto the diary sheet provided, including your activity at the time you experience the symptoms.

The physiologist fitting the monitor will fully explain the test to you; do feel free to ask any questions.

How long will it take?

It takes approximately 10 to 15 minutes to fit the monitor. During this time we will check the device is working properly, show you the best place to attach it (waist, belt or pocket) and answer any of your questions.

Returning the monitor

If your appointment time is in the morning, please return the monitor the following day by 09:00. If your appointment time is in the afternoon, please return the monitor the following day by 12:00.

If returning the equipment by these times is going to be a problem, it is essential you phone the Cardiology Department on 01223 216 990, prior to attending your initial appointment to arrange a more convenient time.

Someone can return the monitor on your behalf.

It is essential that the monitor is returned the following day to enable it to be attached to another patient. Any delay in returning the monitor may also delay you receiving your results.

The monitor must be returned in good working order.

How do I get my results?

When you have returned the monitor, we will analyse the recording and send the results to your referring GP or consultant.

Other important information

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

You may bring a relative or friend in with you during the test.

You may request a female physiologist to perform your test if you wish. Please inform the reception staff when you arrive.