

## Ambulatory ECG patient information

This leaflet provides information about your forthcoming appointment so that you know exactly what to expect. We'll go into more detail during your appointment and you'll also be able to ask any questions that you may have.

### **Having an Ambulatory ECG monitor fitted**

An Ambulatory ECG monitor is a small device used to record the electrical activity of the heart during your normal daily life. It monitors every heart beat that you have and records it to be analysed on expert software once you have returned the device. It's a test that is pain free and designed not to interfere with your activity whilst you have the monitor on but there are some restrictions.

An Ambulatory ECG shows lots of information about the pulse, diagnosing irregular and intermittent rhythm problems that may be causing you symptoms. It cannot diagnose all heart problems and so is used in combination with other tests to add to the overall picture of how your heart is functioning.

### **Preparing for your test**

You can take all your medications as usual and eat and drink as normal. The monitor is fitted to the centre of the chest with 2 ECG stickers. Please do not put any cream/moisturiser on the torso prior to coming for the appointment. Please wear loose fitting clothes to allow the physiologist access to fit your monitor.

### **At the appointment**

The monitor will be fitted by a physiologist, who will be male. If this is a problem then please discuss with the admin team as soon as possible. You will be asked to lift up your top to provide access to fit the monitor. Some preparation of the chest may be required to enable the stickers to stay properly on the chest. This may be a simple wipe, or slightly rough paper to allow good signal for the monitor. The monitor will be attached to one sticker and a cable from the monitor to the second. This should not interfere with your normal activities. You will be given a diary to be able to record any symptom events but also document general daily activities to let us know what you are doing at times during the monitor. You will also be given some more stickers in case the original ones start to lose the connection. You will be shown how to refit the stickers. You can drive to and from your appointment as long as you have not been advised not to by your doctor.

### **After the test**

Once the monitor is fitted you will be allowed to go. You cannot bath/shower with the monitor on, nor can you go swimming. If you have the monitor on for 24-48hours then this should not be a problem. If it is due to be fitted for 7 days or longer then you will have extra stickers and be able to remove the monitor for a bath/shower.

You will be booked an appointment to return your monitor to us depending on the duration of your monitoring period. Once returned, the information will be transferred on to the analysis system and a report finalised in a few days. The report shall be sent to your referrer with all the information and any advice based on a traffic light system below.

Green - No referral recommended from test results

Amber - Cardiology referral recommended

Red - Urgent referral advised.

Thank you for taking the time to read this. If you have any concerns or questions related to this test then please contact the administration team at [admin@heartandrhythmdiagnosics.co.uk](mailto:admin@heartandrhythmdiagnosics.co.uk) or by phone on 07432827963