

# 24 Hour ECG Monitoring Service

## Information for Patients

### Information about 24 Hour ECG Monitors and fitting

- It is a small monitor that records your heartbeat continuously during the day and night. It does not make any noises.
- The monitor captures information for your Doctor about your heart rhythm
- 3 stickers are placed on your chest and these are connected to a battery powered monitor
- The nurse will give you a diary sheet to log any symptoms that you experience.
- If you require a chaperone, you may bring a friend or relative, or the clinic may provide a chaperone at your request.

### Information about what to wear and what you can do during the test

- You should wear loose, comfortable clothes on fitting, so that your chest is easily accessible. We may need to shave small areas of gentlemen's chests.
- Fitting should take 15minutes, and the monitor is attached by belt clip or pouch
- The monitor should be worn continuously for 24 hours including in bed
- You should continue your daily activities as normal
- Do not get the monitor wet so avoid having a shower or bath
- Results should be available 1-2 weeks after taking the test
- An appointment will be made with your doctor to discuss results
- You will be asked to sign an equipment loan form for the monitor

**If you have any queries about the monitor during your test please contact the surgery that fitted the monitor.**

