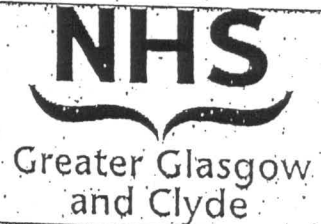


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Information about 24 Hour or 7 Day ECG Monitoring

What is it?

This procedure involves recording the rate and rhythm of your heart rate using a small monitor over a set period of time that has been requested by your doctor. You do not need to stay in hospital but you will need to remove the monitor by yourself and return it to the ECG department at the time stated by the physiologist. This is usually before 9:30am the following morning, for 24hr recordings or, either Sunday to Ward 3 during the day or Monday by 9:30am for multi day recordings to the Cardiology Department. If you are unable to return the monitor the following day please call the number above and re-schedule your appointment.

Why is it done?

The routine ECG records your heartbeat for a matter of seconds. It is unlikely that you will feel your symptoms in that short time. But with a 24 hour monitor or one kept on for several days your heartbeat will be recorded all the time while you go about your normal daily activities. It is much more likely that we will be able to record your heart rate while you are having symptoms during this much longer time.

Your doctor may refer you for this test for various reasons e.g.

- If you are having palpitations (a fast heart-beat).
- If you are having dizziness, faints or blackouts.
- To see whether the medicines you have been prescribed are working well or not.
- To see how well your pacemaker is working.

How is it done?

Please do not use body creams, lotions or talc before coming for the test.

The Cardiac Physiologist will ask to get access to your chest. This is to prepare your skin so that the electrodes (wires with pads) make good contact with your skin and stick on properly. Men may require to have small areas of the chest shaved. Leads are attached to the electrodes and connected to the monitor. The monitor is a small box about the size of a pager. The monitor is then tucked into your clothing or put into a small pouch. The physiologist will advise you of the best way to wear the monitor throughout the recording period. We will also give you a diary sheet to keep a record of your symptoms.

Special Instructions

- You must **not** bathe or shower while wearing the monitor, but you can take it off briefly for this purpose. The physiologist will advise you how to go about this. You should not remove the electrodes but we will give you some spare electrodes to use if you need them.
- Please complete the diary sheet and return it with the monitor.
- **This is expensive equipment so please take care of it and return at the time given to you by the physiologist to allow us to get the monitor ready for the next patient. There is high demand for these monitors and they are in constant use.**

The results will be sent to the doctor who asked for the test

