

**Cardiology Department
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Information about 24 Hour Multi Day Ambulatory Monitoring

What is it?

This procedure involves recording the rate and rhythm of your heart using a small monitor over a period of time requested by your doctor. **You do not need to stay in hospital.**

You will remove the monitor yourself and return it to the ECG department at the time agreed with the physiologist.

24hr recordings will return is the following day. For multi day recordings the physiologist will tell you when you must return the monitor.

Monitors that are to be returned over a weekend should be taken to Ward3/AMRU at any time during this period.

If you are unable to return the monitor, as per these instructions please call the number above and re-schedule your appointment.

If patient transport is needed then it must be booked for both days; the day the monitor is fitted and the day of return. (Transport no. : - 03001231236)

Why is it done?

A 24 hour monitor or one kept on for several days will record your heart beat continuously while you go about your normal daily activities.

A hospital consultant 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?

The Cardiac Physiologist will ask to get access to your chest. They will prepare your skin so that the electrodes (stickers) make good contact with your skin and stick on properly. Men may require to have a small areas of their chest shaved. Wires are attached to the electrodes which are connected to a monitor. The monitor is a small box about the size of a pager. The monitor can be tucked into your clothing or put into a pocket. 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

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

No bath or shower during a 24hr recording. For longer recordings the physiologist will provide fresh electrodes and instruct you how to remove the monitor and how to prepare your skin and reattach it after your bath or shower. The monitor should not get wet.

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.

