Information for Patients about

NHS
Greater Glasgow and Clyde

# AliveCor monitor (Kardia)

## Cardiac Physiology (ECG) Department

## Glasgow Royal Infirmary and New Stobill Hospital

### What is an AliveCor monitor?




An AliveCor monitor, such as the Kardia Mobile, is a small portable device that records your heart's electrical activity (ECG). It can detect irregular heart rhythms (arrhythmias) like atrial fibrillation, bradycardia, and tachycardia.

The device works with a smartphone app and takes just 30 seconds to record an ECG, which can then be shared with your healthcare team.

### Why do I need an AliveCor monitor?

The monitor records your heart rhythm when you have symptoms such as palpitations, dizziness, or breathlessness. The monitor is portable and easy to use. You can use it anytime and anywhere and is ideal for capturing symptoms that happen unexpectedly and might not show up on a standard ECG. Recording an ECG takes 30 seconds and can then be sent to the clinic for review.

### Before your appointment

Before attending the clinic, please download the Kardia app on your smartphone and create an account. If you have any difficulties a physiologist can help you at the clinic.

### How to use

**To record an ECG:**

1. Open the Kardia App
2. Select "Record your ECG"
3. Press two fingers on the metal electrodes (pads) on either side of the device
4. Hold still for 30 seconds while the app records.
5. Add a short note about your symptoms and what you were doing at the time of recording.
6. Write your symptoms in the diary provided and return it with the monitor.
7. Email the recording to: ggc.alive.cordata@nhs.scot (choose "skip" if asked about password protection).
8. If you have any concerns or urgent symptoms, please contact the department.

Usually, you use the monitor for **2–4 weeks**, and we will tell the exact duration at your appointment.

### Contact Details:

If you have any questions, please contact the Department:

Glasgow Royal Infirmary: ☎ **0141 211 8430**

New Stobhill Hospital: ☎ **0141 355 1225**