Cardiology Department
Emergency Care & Medical Services

NHS
Greater Glasgow and Clyde

Information for Patients

Information about 24 Hour or Multi-day ECG Monitor

24 Hour



Information about 24 Hour or Multi - day ECG Monitor

What is it?

This procedure involves recording your Electrocardiogram (ECG-heart trace) using a small monitor over a certain period of time as requested by your doctor. You do not need to stay in hospital but you will need to come back and have the monitor removed after the recording period.

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 mobile phone. The monitor is then clipped to your clothing. 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.**
- If your monitor is fitted between 9am and 12pm, we will ask you to return your monitor at 9am on the day instructed by your physiologist.
- If your monitor is fitted between 1pm and 4pm, we will ask you to return your monitor at 12pm on the day instructed by your physiologist.

- If you are unable to return your monitor during this time, please contact the department using the number on your appointment letter. This will help us progress your application and ensure the monitor is available for other patients.

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

NHS
Greater Glasgow and Clyde