

Cardiac event recorder

Information for patients, parents and guardians

This leaflet provides information about your child's forthcoming appointment so that you know exactly what to expect and can help prepare your child. We'll go into more detail during the appointment and you'll both be able to ask any questions that you may have.

Having a cardiac event recorder

A cardiac event recorder is a small hand held device which is used to record your child's heart rate and rhythm when either you or they activate it. The recordings are then sent through to the department using the cardiac event recorder and a landline telephone. This can help the doctor to see if any of the symptoms they're experiencing are associated with changes in their heart rate and rhythm.

During the appointment we'll give you both full instructions on how to make a recording using the cardiac event recorder and how to send the recording. We'll also give you written step-by-step instructions to take home with you.

If you'd like an information sheet to give to the school so that they also understand about the device and how to use it, just ask during the appointment.

Preparing for your appointment

The recordings made using a cardiac event recorder must be sent to the department via a landline telephone, so you'll need to have access to one. A cordless landline telephone is fine to use, but you won't be able to use a mobile phone as it causes too much interference.

At the appointment

We'll give your child the cardiac event recorder to take home for 13 days. They must keep it with them at all times in case they experience any symptoms and, if they do, they (or somebody else) must place the cardiac event recorder onto their chest and press the record button. The device records for 30 seconds and they must stay quiet and still during this time. We'll give you both a chance to practice using the cardiac event recorder at least once during the appointment.

Occasionally, depending on their symptoms, the cardiac event recorder may be attached to them continuously by putting three stickers (called electrodes) onto their chest. If this is the case, we'll give you spare stickers to take home so that they can still have a bath or a shower. We'll also give you instructions on how to remove and reattach the device.

Sending the information

Once you have made a recording you must send the information to the department using a landline telephone. If your child isn't at home when a recording is made it's fine to wait until they get home to send the recording to us. The device can store up to three recordings at any one time.

Returning the device

The cardiac event recorder must be returned to the non-invasive cardiology reception as stated on the appointment letter (we'll give you a receipt when you do this) but your child doesn't need to be with you when the device is returned. **It's very important that these devices are returned quickly so they're available for other children to use.**

The results

We'll send the results to the doctor who requested the test, which may be your child's GP or a hospital consultant. You may be given the results of this test during your child's next clinic appointment with their hospital consultant. Alternatively the results may be sent back directly to your child's GP. If you are unsure please ask during your appointment.

Further information

If you need help getting to the appointment please contact your GP surgery so they can arrange hospital transportation for you both.

If you would like further information please contact the non-invasive cardiology department on **023 8120 6404**. Alternatively you can visit our website at **www.uhs.nhs.uk** and search for '**non-invasive cardiology**'.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone **023 8120 4688** for help.

www.uhs.nhs.uk/childrenshospital