

# Heart monitor

## 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 heart monitor

A heart monitor is used to assess your child's heart rate and rhythm for 24 hours or longer. It can be used to identify abnormal heart rates or rhythms, which may or may not be associated with particular symptoms. A heart monitor is also sometimes called an 'ambulatory heart monitor' or a 'tape'.

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

### Preparing for the appointment

The monitor can be attached to a waistband using a clip or placed in a trouser or shirt pocket so they'll need to wear appropriate clothing on the day.

### At the appointment

During the appointment three stickers (called electrodes) will be put onto your child's chest to monitor their heart rate and rhythm. These stickers are attached to the heart monitor.

### Wearing the monitor

The heart monitor will record your child's heart rate and rhythm automatically so you won't be required to do anything. It's important that they carry on with their normal daily routine whilst they're wearing the monitor. This includes any exercise they would normally do, as advised by your doctor (if applicable). You will be given a diary sheet that needs to be completed whilst they are wearing the monitor. This should be used to make a note of the exact time and details of any symptoms they may have experienced.

They will be unable to have a bath or a shower whilst they're wearing the monitor because it must stay dry. However, if we ask your child to wear the monitor for longer than 24 hours we'll give you extra stickers so that they can have a bath or a shower. We'll also show you both how to remove and reattach the device.

## Returning the monitor

You can remove the monitor yourself once the monitoring period has ended – we'll show you how to do this. You'll need to return the monitor and diary sheet to the non-invasive cardiology reception (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. The recording will then be analysed and the results will be sent to your child's doctor. **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](http://www.uhs.nhs.uk/childrenshospital)