

Patient information factsheet

Cardiac event recorder

This leaflet provides information about your forthcoming appointment so that you know exactly what to expect. We'll go into more detail during your appointment and you'll also 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 heart rate and rhythm when you activate it. The recordings are then sent through to the department using the recorder and a landline telephone. This can help your doctor to see if any symptoms you might be experiencing are associated with changes in your heart rate and rhythm.

During your appointment we'll give you 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.

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

You will be given the cardiac event recorder to take home for 13 days. You must keep it with you at all times in case you experience any of your symptoms. If you do experience any symptoms you must place the recorder onto your chest and press the record button. The device records for 30 seconds and you must stay quiet and still during this time. You'll be able to practice using the cardiac event recorder at least once during your appointment.

Occasionally, depending on the symptoms you're experiencing, the cardiac event recorder may be attached to you continuously by putting three stickers (called electrodes) onto your chest. If this is the case, you will be given spare stickers to take home so that you 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 you're not at home when you make a recording it is fine to wait until you 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). **It's very important that these devices are returned quickly so they're available for other patients to use.**

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Your results

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

Further information

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

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'.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport