

Patient information factsheet

Heart monitor

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 heart monitor

A heart monitor is used to assess your 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'.

Preparing for your appointment

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

At the appointment

During your appointment stickers (called electrodes) will be put onto your chest to monitor your heart rate and rhythm. Some men may need to have a small area on their chest shaved in order for the electrodes to stick to the skin. These stickers are attached to the heart monitor.

Wearing the monitor

The heart monitor will record your heart rate and rhythm automatically so you won't be required to do anything.

It is important to carry on with your normal daily routine whilst you're wearing the monitor. This includes any exercise you would normally do, as advised by your doctor (if applicable). You will be given a diary sheet to complete whilst wearing the monitor. Use this to make a note of the exact time and details of any symptoms you may experience.

During the first 24 hours you won't be able to have a bath or a shower whilst you are wearing the monitor because it must stay dry. However, if we ask you to wear the monitor for longer than 24 hours we'll give you extra stickers so that you can have a bath or a shower. We'll also show you 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). The recording will then be analysed and the results will be sent to your doctor. **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'**.

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