

## PATIENT INFORMATION

# ECG Rhythm Monitoring / Blood Pressure Monitoring

## Cardiology Department

You have been asked to attend the hospital to collect a heart or blood pressure monitor. This test involves wearing a recorder for a period of time whilst you are at home.

### **Heart Rhythm Monitor**

The monitor will be attached to your body by sticky ECG electrodes, which in turn connect to the recorder via small thin leads. We have a variety of devices; some are just worn continually without the need for you to touch anything. Others involve removing ECG stickers and reapplying fresh ones onto your skin and activating the device when you have symptoms. You will be given full instructions. The recorders are very simple to operate. You will be asked to record a diary of symptoms.

Depending on what type of monitor requested by the doctor you will either have the device for 1, 2 or 3 days, or 6 days, and you will be informed of this in your appointment letter, please make sure you read both sheets for correct on and off dates and times.

### **24 Hour Blood Pressure Monitoring**

This involves attaching a standard BP cuff (similar to those used at GPs surgery) to your arm. The cuff is connected to a small recorder worn in a pouch around your waist. This recorder is programmed to take your BP at regular intervals. The recorder is worn continually for the 24 hours.

### **Preparation**

In preparation for your appointment, please do not apply any cream to your upper body, as this affects the application of the electrodes / BP cuff. Clothing should be loose and comfortable, separates are ideal.

## **Results**

Following your appointment, there is currently a 4-6 week wait for results to be analysed. After this time, you can contact the secretary of the consultant that requested your cardiac testing. Please **do not** call the telephone number on your letter as this is purely for appointment booking **only**.

## **If unable to attend**

If you are unable to attend your booked appointment, please phone (01803) 654450 as soon as possible, to rebook to a more convenient date/time. It is really important that you let us know as early as possible, so we can offer the appointment to another patient.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.