



Heart Rhythm Monitor

You have been asked to attend the hospital to collect a heart monitor.

What does this involve?

This test involves wearing a recorder for a period of time whilst you are at home.

How is the monitor fitted?

The monitor will be attached to your body by sticky pads attached to 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 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 small and very simple to operate.

You will be asked to record a diary of symptoms.

Depending on what type of monitor is requested by the doctor, you will either have the device for 1 or 2 days or 6 to 10 days. This will be indicated on your attached appointments letters.

It is essential that the recorder is returned on the day given on your letter. If this is difficult for you please let the technician know when you attend.

How should I prepare for the monitor?

No special preparation is needed. Clothing should be loose and comfortable, separates are ideal.

When would the results of the monitor be available?

Results are not available immediately. They will be sent to the hospital doctor who requested the test.

Additional information

If you have any questions about your appointment, please do not hesitate to contact the number below and we will be pleased to help.

 **Tel (01803) 654450**