Pre-test instructions

• If you are entitled to ambulance transport to the hospital and for monitor collection and return after use, please telephone 08000 323 240, to book both these ambulance services.

• Please wear a loose fitting top with trousers or a skirt, on the day of your appointment.

• Please do not use any body lotions, creams or talcum powder.

• After your test, please ask the Cardiac Investigations Unit reception to arrange your transport home.

• You will be in the department for approximately 15 minutes.
What is an ambulatory ECG recorder?

The recorder is a small portable device for recording the heart rhythm over a 24 / 48 / 72 hour period.

A Cardiac Physiologist will attach five adhesive electrodes to your chest connecting you to a small digital monitor. This can be worn on a shoulder strap or on waist belt.

You will be asked to keep a diary of your activities and any symptoms experienced whilst you are wearing the recorder.

Also whenever possible you MUST press the blue button on the recorder to mark the recording when any symptoms occur. You will be shown how to do this.

It is important to try to keep to your normal routine that would normally bring on your symptoms. You will not be able to have a bath or shower whilst you are wearing the recorder as you MUST NOT get the recorder wet.
What are the benefits?

It is a continuous recording of your heartbeat which will detect any rhythm disturbances should they occur and can help to investigate various symptoms such as palpitations, dizziness etc. which may require treatment.

What are the risks involved?

There are no known risks involved with this test. Occasionally some people have an allergic reaction to the electrodes or tape used. You should inform the staff on the day of any previous allergies to ECG electrodes or tape.

Returning the monitor

- You can take the monitor off at home and you or a relative or friend can return it to the department.

- The monitor must be returned to Cardiac Investigations Unit’s reception no later than the same time the following day for a 24-hour test or 2 days later for a 48-hour test.

- If the monitor is returned over the weekend, please return it to Ward 37.

- Do NOT take the batteries out of the monitor.
On the day of the test you will be required to sign a loan agreement form to enable you to take the monitor away.

All equipment identified in the loan agreement remains the property of The Trust AND MUST be returned at the end of the loan period.

**When will I get my results?**

The results of your test have to be carefully analysed by your consultant and you will either see a member of your consultant’s team in the outpatient clinic at a later date or your GP may receive a letter from the consultant usually 4-5 weeks post test. You will however be contacted sooner if appropriate.
Useful contact details

Cardiac Investigation Unit
Telephone: 01253 957735 or 957736.

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concern or complaints the Trust receives. You can contact them via tel: 01253 955589 or by email: bfwh.patientrelations@nhs.net

You can also write to us at: Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website: www.bfwh.nhs.uk

References

Details of the references used in writing this leaflet are available on request from:
Procedural Document and Leaflet Coordinator 01253 953397 or bfwh.trustpolicyteam@nhs.net

Options available

If you’d like a large print, audio, Braille or a translated version of this leaflet then please call: 01253 955520

Our Four Values:

People Centred
Compassion
Positive
Excellence

Author: Sandra Awde
Approved by: Cardiac Policy
Date of Publication: 12/12/2018

Reference No: PL/575(V4)
Review Date: 01/12/2021