



**Blackpool Teaching  
Hospitals**  
NHS Foundation Trust

# Telemetry

**Patient Information Leaflet**



Caring • Safe • Respectful

## **What is Telemetry?**

Telemetry is a device we use to monitor your heart while you are in hospital.

## **How does Telemetry work?**

The Telemetry Unit has either 3 coloured wires (red, yellow and green) or 5 coloured wires (red, yellow, green, black and white) attached to it. The Nurse connects the unit to your chest with sticky pads (ECG dots).

The Telemetry Unit feeds information to a Central Monitor and this Central Monitor collects information about your heart. Your Doctor uses this information to help decide what your heart problem is and the best treatment for you.

## **How long is the Telemetry Unit worn for?**

Your Doctor decides how long you wear the Telemetry Unit. Please keep the Telemetry Unit on until you are advised otherwise by a Doctor or Nurse.

## **Can I bath or shower whilst wearing the Telemetry Unit?**

You cannot get the Telemetry Unit wet. Please let the Nurse know when you plan to have a shower so that they can remove the unit whilst you are in the shower.

## **What about the sticky pads (ECG Dots)?**

The Nurse changes the sticky pads (ECG Dots) daily to keep your skin healthy. Please let your Nurse know if your skin feels itchy under or around the pads. If you are a Male Patient a small area of your chest may need to be shaved so that the pads stick to the skin.

## **Can I leave the Ward?**

Please do not leave the Ward unless you have sought advice about this from your Nurse or you are being taken for any tests or procedures.

## **When is the Telemetry Unit cleaned?**

The Telemetry Unit is cleaned following every Patient use.

## **What activities can I perform whilst wearing the Telemetry Unit?**

The Telemetry Unit allows you to walk freely around the ward you are admitted to. Please avoid lying on the Telemetry unit as this may affect your ECG recording.

## Other sources of information:



**Ward 37**

Telephone: **01253 957737**



**Hospital switchboard**

Telephone: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.



You can contact them via tel: **01253 955589**

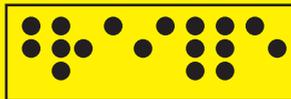
or by email: **bfwh.patientrelations@nhs.net**



Further information is available on our website:

**www.bfwh.nhs.uk**

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



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Author: M Demegillo / S Sothern  
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