

INFORMATION FOR PATIENTS

Multi-day ECG monitor

This leaflet gives you information about the test that has been booked for you.

What is a Multi-day ECG monitor?

It is a small monitor with wires and stickers that you will wear for up to a week.

Why is it being done?

A Multi-day ECG monitor records your ECG or heart rhythm. This gives your doctor information about whether your heart rhythm is normal or abnormal.

What does it involve?

Three or four stickers will be placed on your chest and these will connect you to the monitor with some small wires. The monitor allows **you** to make a recording of your heart beats when you have a symptom. It will also monitor your heart rhythm and store anything it thinks may be abnormal.

You will be given a diary to write down any symptoms that you experience whilst wearing the monitor.

To increase chances of recording your symptoms, these monitors are normally worn for a week. A day to return your monitor will be arranged during your appointment.

You may bring a friend or relative. Alternatively, the hospital may provide a chaperone at your request.

How long will the fitting take?

The fitting may take up to 30 minutes.

What should I wear?

You should wear something comfortable and make sure your chest is easily accessible.

Can I carry out my normal activities?

Yes. We would like you to carry on with your daily routine as normal. You will go home with the monitor and may go to work if you wish.

Do I need to wear the monitor in bed?

Yes. The doctor wants to catch any symptoms you may have so it is important to wear it in the night.

Can I have a bath or shower?

Yes. We will show you how to take the monitor on and off so you are able to take a bath or shower. Do not get the monitor wet.

When will I be given the results?

The monitor will be analysed after you have returned it. Results will be passed onto the doctor who requested the test.

You will be given the results at your next outpatient appointment.

If you were referred by your GP, make an appointment to see them once the surgery receives your results.

Can I return the monitor to a different hospital?

The monitor must be returned to the same clinic you attend for the fitting. This is because we have a limited number of monitors and they need to be re-issued to other patients that need them.

Can I have the monitor fitted at a different hospital?

Yes. We have departments at Clinic 4 at **King's Mill Hospital**, and via the Eastwood Centre at **Newark Hospital**. Please call us if you would prefer to change your appointment.

Can someone else return the monitor for me?

Yes.

What if I need hospital transport?

If you need hospital transport due to medical reasons you will need to arrange this by using one of the numbers below:

- Nottinghamshire/Leicester: 0345 266 9662
- Derbyshire: 0300 300 3434
- Lincolnshire: 0843 357 1556.

Contact details

Cardiorespiratory and Vascular
Department: **01623 672259**.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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