

**INFORMATION FOR PATIENTS**

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# Self-fit 24 hour ECG monitor

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

**What is a 24 hour ECG monitor?**

It is a small monitor that records your heartbeat continuously during the day and night. It does not make any noises.

**Why is it being done?**

The recording gives your doctor information about your whether your heart rhythm is normal or abnormal.

**What does it involve?**

You will collect an envelope with an instruction sheet, diary sheet and monitor in it from the cardiovascular department (clinic 4).

The monitor will have three or four stickers attached to it and you should attach them to yourself as per the instructions in your pack. You will then need to wear the monitor continuously for approximately 24 hours, and complete the diary sheet as instructed in your pack.

For the best results you will need to make sure the skin is clean and dry before applying the monitor. For patients with hairy chests, you may wish to shave the areas where you attach the monitor as this will give a better recording.

On the day of return, place the monitor and wires back in the envelope with your diary sheet and return it to the department it was collected from.

**How do I collect the monitor?**

There is no official appointment time. Just collect your monitor from the department on the date instructed between 8am and 6pm, and attach the monitor to yourself as soon as possible.

**Can I carry out my normal activities?**

Yes. We like you to carry on with your daily routine as normal. Do not get the monitor wet.

**Do I need to wear the monitor in bed?**

Yes. The monitor should be worn continuously throughout the monitoring period.

**Can I have a bath?**

No. You must not get the monitor wet, therefore we advise you to have a bath or shower before you come for the test.

**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 collection on the date stated on your envelope. 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 collect and return the monitor for me?**

Yes. A friend or relative can collect and/or return the monitor for you.

### **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](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://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](mailto: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](mailto: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](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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