

### WHAT IS AMBULATORY CARDIAC MONITORING?

There are a few different types of monitors you may be issued depending on your symptoms and the Doctors recommendation. Most monitors use sticky pads placed on your chest to monitor and record your heart rate and rhythm. The monitors may be issued to you for 24hrs to 2 weeks depending on the type. The physiologist issuing your monitor will explain the instructions for your specific monitor at the appointment.

### HOW LONG WILL THE TEST TAKE?

It will take about 15 minutes for the electrodes and recorder to be fitted.

At the end of the recording period the sticky pads can be removed at home and the device returned to the department.

**It is very important that the monitor is returned to the department on time, otherwise other patients care is disrupted.**

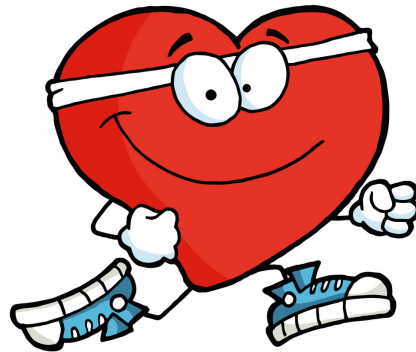
### WHAT SHOULD I WEAR?

Preferably a loose fitting top; most of the monitors have clips to attach to a waist band, however for younger children clothing with a pocket may be advised.

### DO I RECORD MY SYMPTOMS?

The technician will give you a diary in which you record any symptoms that you have, i.e., dizziness, palpitations.

It is important that you record the time (from the clock on the recorder) and what you were doing at the time of the symptoms.



### CAN I CARRY OUT MY NORMAL ACTIVITIES?

We encourage you to continue all your normal activities (except swimming). After having the monitor fitted you may return to work or school as normal. Exercise is sometimes encouraged if symptoms are specifically exercise related

### CAN I HAVE A BATH?

Unfortunately not. The monitors are electrical devices and cannot come into contact with water. So no baths or showers whilst wearing the monitor.

### DO I HAVE TO SLEEP WEARING THE RECORDER?

Yes! You should wear the recorder overnight, it is important to recording your heart rate and rhythm both during the day and night.

### CAN I DRIVE WEARING THE RECORDER?

Yes, you can drive whilst wearing the recorder.

### WILL I BE GIVEN THE RESULTS?

The physiologist is unable to give you any report at this stage as your tape report has to be reviewed by a Doctor.

The results are entered in your case notes for your next out-patient appointment. If there is anything that requires urgent attention, your doctor is made aware immediately.

### WHAT IF THE APPOINTMENT IS NOT CONVENIENT?

If your appointment is not suitable please let us know by phoning the East Midlands Congenital Heart Centre between 08:30 and 16:00 Mon – Fri and we will do our best to rearrange.

#### Direct Dial Numbers:

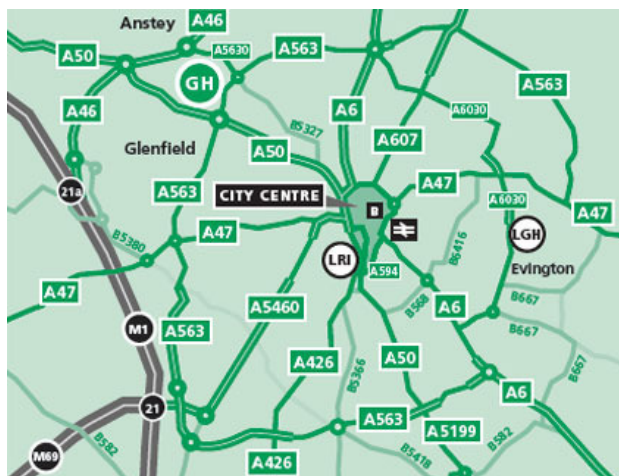
Reception Desk: 0116 256 3926

#### CORRESPONDENCE

Cardiac Physiologist,  
East Midlands Congenital Heart Centre,  
Glenfield Hospital,  
Groby Road,  
Leicester,  
LE3 9QP

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### HOW DO I FIND THE HOSPITAL?



The Glenfield Hospital is situated 6 miles South East of M1 Junction 22 and 2 ½ miles North West of Leicester city centre on A50.

Access directly from roundabout.

### HOW DO I FIND THE DEPARTMENT?

The department is situated on the first floor of the hospital next to Ward 30. Access is easiest via the South Entrance, but can be accessed from Main Entrance. Please follow the signs for the East Midlands Congenital Department.

University Hospitals of Leicester  
NHS Trust



## East Midlands Congenital Heart Centre

### Cardiac Ambulatory Monitoring



Tel: 0116 256 3926