

Ambulatory ECG Monitor

An information guide



Ambulatory ECG Monitor

Why have I been referred for an ambulatory monitor?

You have been referred for an ambulatory monitor (“holter”) monitor because you have described symptoms such as palpitations, dizziness, fainting and shortness of breath for example.

What is an ambulatory monitor?

A holter monitor records the heart’s rhythm over an extended period of time allowing the patient to continue with all their daily activities except bathing or showering.

What will happen during my appointment?

You will be invited into a clinical room where you will be asked to undress partially to your waist. You will be offered a dignity gown. The physiologist will prepare your skin in three areas prior to fitting your monitor; this will be done by gently rubbing the skin with a skin prep pad and alcowipe. You will have sticky pads called electrodes attached to your chest. The monitor will be attached to you by clipping the recorder leads to the electrodes.

You will be given a diary card to complete during your test and the physiologist will explain the function of the event button and diary card before you leave.

After the test

You will wear the monitor for the duration of the recording, the physiologist will inform you when fitting the monitor. You will be asked to return the recorder to the department on a given day between 8am and 8:30am. The data will be downloaded to a computer and will be analysed. The results will be sent to the consultant who has requested the test.

Are there any risks?

There are no risks to having the test but a small percentage of patients will have a slight allergic reaction to the electrodes. This usually resolves within a couple of days.

Should you require any further information please ring the Cardio-respiratory central booking department on 0161 656 1276.

You will also be able to find more information at www.bhf.org.uk

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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