

## 24 Hour Heart Monitor Ambulatory ECG

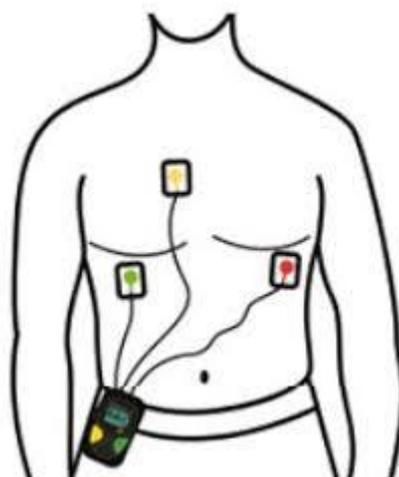
Ambulatory ECG recording allows the Cardiologist to analyse your heart rhythm for a period of anywhere from 24 hours to one week. This can help diagnose conditions such as atrial fibrillation or episodes of skipped beats which don't happen all the time.

### What Happens During an ambulatory ECG Recording?

- The Holter monitor is the size of a mobile phone
- It attaches to your chest via three leads. Three electrodes are put on your chest and the wires attached
- The monitor can sit in your pocket or clip to a belt.
- You will be asked to keep a diary of any symptoms you experience during the recording period.
- The recording is designed to sample your normal active daily living so you will be encouraged to go about your normal routine.
- It can be removed to shower, and you will be shown how to put it back on.
- Record any symptoms on the symptom diary sheet provided
- It's safe and completely painless.
- Do not open the recorder
  
- For any questions you have about the device, or for any technical device support please contact the ACHD nurse specialists.
  
- When the test is finished, you'll return the recorder and symptom sheet to the hospital so the results can be analysed. You can return it by hand or by post in the addressed envelope you are provided with, remove the sticky electrodes before placing it in the envelope. There is no need to turn the recorder off. If you send it by post to take it to the post office to be weighed and sent, you will need to pay for the postage.

## Taking the recorder off for a bath or shower

Remove the electrodes from your chest. Replace the electrodes and leads in the same position once you have finished bathing. See diagram below.



## Results of Holter Monitor Test

The Holter monitor records all of your heart beats in every 24 hours, over 115,000 if your average rate is 80 bpm. It takes a little while to go through this data to establish if the rhythm is normal. A report will be produced and your consultant will explain the findings to you.

## Contact Numbers for Advice or Support:

0191 244 8139

0191 244 8990

0191 223 9239