Why do I need a 7-Day ECG (Electrocardiogram) Monitor?

ECG monitors can assist in the correct diagnosis of many conditions affecting the heart and lungs. Some symptoms may not be detected during a routine heart examination and as a result your doctor has requested that you be monitored over a longer period. The monitor records electrical signals from the heart over seven days. This test will monitor your heart rhythm during regular daily activities to see how your heart responds to activity, rest and/or medication changes. You do not need to stay in hospital for this time.

What will happen?

The ECG monitor is a small and light computerised device which is used to continuously detect and record your heart rhythm over a seven-day period. This involves placing several small and sticky electrode patches on to your chest. The patches are connected with a wire to a portable recording machine which will pick up electrical signals produced by every heartbeat. You will not feel anything and there will be no pain or discomfort during the test.

Before the appointment

- Please inform the hospital if you are allergic to elastoplasts.
- It is advisable to wear a two piece outfit with a loose top while doing the test as you will need to remove your shirt or blouse during the appointment. Ladies may keep their bras on.
- Please do not use cream or talc on your chest area on the day of the test as it may make it more difficult to attach the sticky electrodes to your chest.

During the appointment

- You will be fitted with the 7-Day ECG Monitor.
- You will be shown where to put the electrodes and how to connect them to the monitor. This will enable you to remove the monitor once a day so that you can have a shower or bath.
- You will be asked to undress to the waist and a clinician will put some small adhesive patches called electrodes on to your chest to detect the electrical pulses in your heart.
- Some men may need small areas of their chest shaved to ensure that the electrodes adhere well. The electrodes are connected to wires called leads which are attached to a small recording box.
- The box may be stored in a pouch and worn around your neck, or if you prefer, clipped to your belt, for the duration of the test.
- You are then ready to wear the monitor and may carry on with normal activities.
- Please be aware very strenuous activities may interfere with data recordings.
Once fitted

- Please be careful not to get the recorder wet. You will not be able to shower whilst the monitor is attached to you.

- As you are wearing the monitor for seven days, you will be shown where to put the electrodes and how to connect the monitor to them. This will allow you to take the monitor off once a day to have a bath or shower.

- To help your doctor make a more accurate evaluation, you will be given an event diary. Please record any symptoms you may have as well as the time, duration and circumstance.

- Please keep your patient diary and a pen with you at all times.

- At night place the monitor under your pillow, ensuring that the leads are still clipped to the electrodes on your chest. If a lead or electrode comes off accidentally, please reattach it to the area it was originally. Use a new electrode if you need to.

How do I fit the monitor?

- When you step out of the bath or shower, dry the skin on your chest well.

- Rub the area where the electrodes will be placed with a towel so that the skin in that area looks slightly pink.

- Do not put any moisturiser, lotions or talc on to the chest during this time.

- Place new clean electrodes to the chest as shown in the diagram.

- Connect the coloured leads to the relevant electrode.

Yellow - The middle of your chest over the breast bone.

Green - The right of your chest over the lower ribs.

Red - The left of your chest over the lower ribs.

The monitor can now be clipped to the top of your skirt or trousers.

Returning the monitor

Having worn the monitor for seven days, please return it along with your patient diary to your doctor.

Your results

Your doctor will call you in for a further appointment if necessary.
Why do I need a 24hr Blood Pressure Monitor?
Sometimes your doctor might want to monitor your blood pressure at regular intervals to monitor any changes. The 24hr Blood Pressure Monitor is similar to a normal blood pressure check, however, you will wear it over a 24-hour period. You do not need to stay in hospital for this test.

What will happen?
A 24hr Blood Pressure Monitor involves having an inflatable cuff secured around the arm, this is then connected to a small monitoring device. The cuff will inflate and deflate at regular intervals during the 24-hour period to measure and record your blood pressure. You will feel a light pressure around your arm when the device inflates and there will be no pain or discomfort during the test.

Before the appointment
It is a good idea to wear a loose-fitting top for your appointment for ease of fitting the monitor and for your own comfort.

During the appointment
• You will be asked to roll up your sleeve or remove your top if it is tight-fitting. The clinician will place the inflatable cuff around your arm.
• The monitoring device will then be connected to the inflatable cuff and the monitoring device will be placed in a pouch on a belt around your waist or hung on a strap around your neck.

Once fitted
• Throughout the 24-hour period, the cuff will inflate every half an hour during the day and every hour during the night.
• The device will let you know when it is going to inflate, as it will make a beeping sound.
• When you hear the beeping sound, please straighten your arm and keep it still while the cuff inflates
• If you are driving, operating machinery or doing any activity that involves using both hands, please ignore the inflation until it is safe to straighten your arm.

Returning the monitor
Having worn the monitor for twenty four hours, please return it to your doctor.

Your results
Your doctor will call you in for a further appointment if necessary.
Why do I need an ECG (Electrocardiogram)?

ECGs can assist in the correct diagnosis of many conditions affecting the heart and lungs. Your doctor might want to monitor your heart to look for irregular heart rhythms or any signs of heart disease. The monitor records electrical signals of the heart over a short period and the test is quick and easy to perform, taking approximately five minutes. You will not need to stay in hospital for this test.

What will happen?

An ECG involves having several small and sticky electrode patches placed on your arms, legs and chest. The electrodes are connected with a wire to a recording machine which will pick up electrical signals produced by every heartbeat. You will not feel anything and there will be no pain or discomfort during the test.

Before the appointment

- Please inform the hospital if you are allergic to elastoplasts.
- It is advisable to wear a two piece outfit with a loose top while doing the test as you will need to remove your shirt or blouse during the appointment. Ladies may keep their bras on.
- Please do not use cream or talc on your chest area on the day of the test as it may make it more difficult to attach the sticky electrodes to your chest.

During the appointment

- You will be asked to strip to the waist and a clinician will put some small adhesive patches called electrodes on to your chest to detect the electrical impulses of your heart. Some men may need small areas of their chest shaved to ensure that the electrodes adhere well.
- The electrodes are then connected with wires to a recording machine.
- You will be asked to sit or lie still while the machine picks up the electrical signals produced by each heartbeat.

Your results

Your doctor will call you in for a further appointment if necessary.
Why do I need a 24/48hr ECG (Electrocardiogram) Monitor?
ECG Monitors can assist in the correct diagnosis of many conditions affecting the heart and lungs. Some symptoms may not always be detected during a routine heart examination and as a result your doctor has requested that you be monitored over a longer period. This test will monitor your heart rhythm during regular daily activities to see how your heart responds to activity, rest and/or medication changes. You do not need to stay in hospital for this test.

What will happen?
The ECG monitor is a small and light computerised device which is used to continuously detect and record your heart rhythm over a 24-hour or 48-hour period. This involves placing several small and sticky electrode patches on to your chest. The patches are connected with a wire to a portable recording machine which will pick up electrical signals produced by every heartbeat. You will not feel anything and there will be no pain or discomfort during the test.

Before the appointment
• Please inform the hospital if you are allergic to elastoplasts.
• It is advisable to wear a two piece outfit with a loose top while doing the test as you will need to remove your shirt or blouse during the appointment. Ladies may keep their bras on.
• Please do not use cream or talc on your chest area on the day of the test as it may make it more difficult to attach the sticky electrodes to your chest.

During the appointment
• You will be asked to undress to the waist and a clinician will put some small adhesive patches called electrodes on to your chest to detect the electrical pulses in your heart. Some men may need small areas of their chest shaved to ensure that the electrodes adhere well.
• The electrodes are connected to leads attached to a small recording box. The box may be stored in a pouch and worn around your neck, or if you prefer, clipped to your belt, for the duration of the test.
• You are then ready to wear the monitor and may carry on with normal activities. Please be aware very strenuous activities may interfere with data recordings.

Once fitted
• Please be careful not to get the recorder wet. You will not be able to shower whilst the monitor is attached to you.
• To help your doctor make a more accurate evaluation, you will be given an event diary.
• Please keep your patient diary and a pen with you at all times and record your activities as well as the time, duration and circumstance of any symptoms.

Returning the monitor
Having worn the monitor for 24 hours or 48 hours, please return it, along with your patient diary, to your doctor.

Your results
Your doctor will call you in for a further appointment if necessary.