

Returning the monitor

When you have completed the test, you can remove the monitor yourself and drop it off at the hospital in the envelope you were provided with.

Notes

Use the space below to write down any questions you might have or to make notes.

Further information and help

For further information please contact:

Medical Secretary
Western Isles Hospital
MacAulay Road
Stornoway
Isle of Lewis
HS1 2AF
Tel. 01851 708267
www.wihb.scot.nhs.uk

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- speak to a member of staff
- visit our website feedback section at:
www.wihb.scot.nhs.uk or share your story
at: www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868
Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Cardiac Monitor Information



Advice for patients and their carers

Introduction

This leaflet contains useful information about the heart recording that has been arranged for you.

You have either been provided with a 2-3 days or 5-7 days heart recording as discussed/ indicated.

Useful information

You are advised to carry on with your normal daily routine.

To obtain the test results you will receive an appointment for the Medical Outpatient Clinic or, alternatively your own General Practitioner will discuss this with you. Your appointment will last approximately 30 minutes.

If you have any questions about the test please do not hesitate to ask the nurse fitting your heart recorder.

This equipment is funded by NHS Scotland.

Please take care of it so that it can be used to provide vital information for others who require its use after you.

2-3 Days Heart Recording



You have been advised to have a continuous recording of your heart activity over a period of 2-3 days.

This will involve one visit to the hospital to have the monitor fitted and your appointment will last approximately 15 minutes.

Prior to the fitting of the recorder you will have a 12-lead ECG carried out. Access to your ankles will also be required so you may find wearing socks convenient.

For the test you may be asked to undress to the waist. Two adhesive sensors, or sticky plasters, will be applied to your chest. Good skin preparation for the electrodes is required, so for your own convenience you may wish to shave your chest.

The recorder which is compact and light, will be attached to these sensors.

Bathing

You may remove the recorder briefly whilst showering. Please replace the recorder after you have carefully dried the sensors.

Please leave the recorder outwith the bathroom whilst bathing or showering.

5-7 Days Heart Recording



You have been advised to have a continuous recording of your heart activity over a period of 5-7 days.

This will involve one visit to the hospital to have the monitor fitted and your appointment will last approximately 15 minutes.

Prior to the fitting of the recorder you will have a 12-lead ECG carried out. Access to your ankles will also be required so you may find wearing socks convenient.

For the test you may be asked to undress to the waist. Two adhesive sensors, or sticky plasters, will be applied to your chest. Good skin preparation for the electrodes is required, so for your own convenience you may wish to shave your chest.

The recorder, which is compact and light, will be attached to these sensors.

Bathing

You may remove the recorder briefly whilst showering. Please replace the recorder after you have carefully dried the sensors.

Please leave the recorder outwith the bathroom whilst bathing or showering.

Please note. It is important that you do not wet the unit or attaching cable.