

Ambulatory Electrocardiogram (ECG) Monitoring

Information for patients

Cardiac Physiology/ ECG Department

How is ambulatory electrocardiogram monitoring (24 hour/48 hour/72 hour/ 4 day/5 day/7 day) carried out?

Ambulatory electrocardiogram (ECG) monitoring is carried out for a period of between 24 hours and 7 days. Your doctor should inform you of the duration which you are referred for.

Ambulatory monitoring involves the fitting of a small device which monitors the rate and rhythm of your heart. Three or four ECG electrodes (sensors) are applied to your chest and connected to the monitoring device. This monitoring device is relatively small and can be kept in a pocket, clipped onto a waistband, or worn as a lanyard around your neck. You can return home after the monitor is fitted and continue as normal.

What will my appointment involve?

Your appointment will last approximately fifteen minutes. This will involve the fitting of the monitor by a staff member. You will be provided with a symptoms diary to note any symptoms you experience during your ECG monitoring period. Staff can guide you in how to change monitoring electrodes if you need a bath/shower during your period of monitoring. Further instructions will be given during your appointment. Please note, ambulatory ECG monitoring does not need you to stay overnight in hospital.

Returning the recorder

Please ensure you return your monitor when asked. The monitor should be returned to the hospital department where you attended your appointment, and in the envelope provided. If you think that there may be any issues with the return of your monitor, please inform a staff member at the time of your appointment. Alternatively, contact the relevant ECG department before your appointment so that we can make appropriate arrangements for its return.

Contacting us about your appointment

If you have any questions about your appointment, or need to cancel or change it, please contact the department in advance using the telephone number on your appointment letter.

Further information is on the back of this leaflet.

Please complete this slip and bring it with you to your appointment:

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I have read and understood the information regarding my ambulatory ECG monitoring appointment. I agree to return the device as instructed.

Signed: _____ **Printed name:** _____

Telephone: _____

Public transport and travel information

Bus details available from:

Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI number available (find this on your appointment letter).

Hard of hearing or speech impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing inpatient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.