



# The Rowan Suite

World Class Private Heart & Chest Care

## 24 or 48 Hour ECG Monitoring

Recording of your heart rhythm



Information for Patients & Families

**This leaflet has been written to provide information about undergoing 24 or 48 hour recording of your heart rhythm (24 or 48 hour ECG). We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical, nursing or technical staff.**

### ***What is a 24 or 48 hour ECG?***

This test is a way of continuously recording your heart rhythm and the heart's electrical activity over a period of time. The doctor will decide if you need to have a heart recording for either 24 hours or 48 hours. The tests can help diagnose various symptoms that do not happen very often or have not previously been picked up by an ECG (heart tracing).

### ***What can a 24 or 48 hour ECG recording show?***

The heart produces tiny electrical impulses which cause the heart muscle to contract. These impulses can be detected and recorded by an ECG. This test may be recommended to help diagnose symptoms such as infrequent palpitations.

### ***How is it done?***

Sticky patches are placed on your chest and attached by wires to a small tape recorder which you wear on a belt around your waist. The recorder will continuously record your heart rhythm. You will not be able to feel anything as this happens. You will be asked to keep a diary or an activity log while you are wearing the ECG recorder and make a note of any times you have symptoms.

### ***Can I continue with normal activities whilst wearing the ECG recorder?***

Keep to your normal routine and do any activity that would normally bring on your symptoms. You must avoid getting a bath or a shower as you must not get the recorder wet.

### ***What are the benefits of having the test?***

An ECG can provide your doctor with important information about your heart that may require further tests or investigations.

### ***Are there any risks involved?***

There are no known risks involved with having an ECG. Occasionally some people have an allergic reaction to the sticky patches placed on their skin. You should inform the staff if you are allergic to elastoplast.

### ***What alternatives do I have?***

This depends on your symptoms. Reveal devices are recorders that are implanted into your chest to continuously record your heart rhythm over a longer period of time. Usually up to a year if necessary. These are useful if your symptoms are very infrequent. Your doctor will be happy to discuss any alternative tests if they are applicable to you.

### ***What happens next?***

You will need to return the following day to have the recorder removed. The 24 or 48 hour recording along with the diary or activity log will be sent to your cardiologist who will inform you of the results.

It is very important that the device is returned within the agreed time to enable us to consider the results of your recording and determine your future treatment. We have a large number of patients waiting for these devices so returning the monitor on time is essential in order for another patient to receive treatment.

**For further information visit:**

- [www.lhch.nhs.uk](http://www.lhch.nhs.uk)
- [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)
- [www.bhf.org.uk](http://www.bhf.org.uk)
- [www.dipex.org](http://www.dipex.org)

**Or contact:**

The British Heart Foundation heart helpline on 0845 070 870

**If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.**

<p>إذا لديك الرغبة في الحصول على نسخة من هذه المعلومات بأي لغة أخرى أو بشكل آخر ( على سبيل المثال بخطوط كبيرة) ، الرجاء الاتصال علينا على الرقم 0151 600 1257 موضحاً الشكل أو اللغة التي ترغب فيها.</p>
<p>如果您想索取一份以其他語文或形式（如大字體）編印成的資料傳單，請致電 0151 600 1257 向我們查詢，並說明您所需要的形式和語文。</p>
<p>ئەگەر ئەم زانیاریانەت بەھەر زامانیکی تریاخود شیولزیکی تر دەویت (بۆ نموونە بە چاپی گەورە) ئەوا تکایە بە ژمارە تەلەفونی 0151 600 1257 پەیوەندیمان پێوە بکە و ناماژە بدە بەر زمانەیی یاخود شیوەییە کە دەتەویت</p>
<p>W celu uzyskania niniejszej informacji w innym języku lub formacie (np. dużym drukiem), prosimy o kontakt z nami pod numerem 0151 600 1257 podając wymagany format lub język.</p>
<p>Haddii aad u baahan tahay koobiga wargelintan oo luqad ama qaab kale (sida far waaweyn) fadlan nagala soo xiriir 0151 600 1257 adiga oo noo sheegaya luqadda ama qaabka aad wax ku rabtid.</p>