

INFORMATION FOR PATIENTS

24 hour ECG monitor

Introduction

This leaflet gives you information about the test that has been booked for you.

What is a 24 hour ECG Monitor?

It is a small monitor that records your heartbeat continuously during the day and night. It does not make any noises.

Why is it being done?

The recording gives your doctor information about your whether your heart rhythm is normal or abnormal.

What does it involve?

Three or four stickers will be placed on your chest and connected to the monitor with some small wires. The stickers should be left on for the whole monitoring period.

You may be asked to keep a diary, which is a log of any symptoms that you experience. The technician will give you a diary and instructions.

If you require a chaperone, you may bring a friend or relative. Alternatively, the hospital may provide a chaperone at your request.

What should I wear?

You should wear comfortable clothes and make sure your chest is easily accessible.

We may need to shave small areas of gentlemen's chests. If your chest is hairy, you may wish to shave your chest before you come.

How long will the fitting take?

Usually, 15 to 20 minutes. All necessary instructions will be given during this time.

Can I carry out my normal activities?

Yes. We like you to carry on with your daily routine as normal. You will go home with the monitor and may go to work if you wish. Do not get the monitor wet.

Do I need to wear the monitor in bed?

Yes. The monitor should be worn continuously throughout the monitoring period.

Can I have a bath?

No. You must not get the monitor wet, therefore we advise you to have a bath or shower before you come for the test.

When will I be given the results?

The monitor will be analysed after you have returned it. Results will be passed onto the doctor who requested the test. You will be given the results at your next outpatient appointment. If you were referred by your GP, make an appointment to see them once the surgery receives your results.

Can I return the monitor to a different hospital?

The monitor must be returned to the same clinic you attend for the fitting. This is because we have a limited number of monitors and they need to be downloaded and re-issued to other patients that need them.

Can I have the monitor fitted at a different hospital?

Yes. We have departments at Clinic 4 in **King's Mill Hospital**, and via the Eastwood Centre at **Newark Hospital**. Please call us if you would prefer to change your appointment.

Can someone else return the monitor for me?

Yes.

What if I need hospital transport?

If you need hospital transport due to medical reasons you will need to arrange this by using one of the numbers below:

Nottinghamshire/Leicester: 0345 266 9662
Derbyshire: 0300 300 3434
Lincolnshire: 0843 357 1556

Contact details

Cardiorespiratory and Vascular
Department: **01623 672259**

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202311-05-24ECG
Created: December 2017 / Revised: November 2023 /
Review Date: November 2025