

What is ambulatory ECG monitoring?

An ambulatory ECG monitor is a small lightweight device that measures your heart rate and rhythm, as you go about your normal daily routine. The monitor can be worn for between 24 hours and seven days – the duration of the monitoring is determined by the referring healthcare professional, and this will be clear on your appointment letter.

What will my appointment involve?

The monitor will be fitted during an outpatient appointment and will take approximately 15 minutes. Three small stickers (electrodes) are attached to your chest to which the monitor and leads are connected. If possible, please could you wear separate tops and bottoms to allow the physiologist to attach the monitor to you easily. The monitor is discreet and approximately the size of a small mobile phone and is often worn on a lanyard around your neck, though it may be possible, depending on the type of monitor for it to be worn on the waistband, belt or placed in the pocket.

What should I do while I am wearing my monitor?

It is expected that you carry out any activities you do during a 'typical' day. If you are to have monitoring for more than 48 hours the member of staff will provide you with spare stickers (electrodes) and show you how remove/reattach the monitor so that you are able to have a shower/bath. It is important that the monitor never gets wet. It is important that you record the time (as displayed on the monitor) of any symptoms onto the diary sheet provided, including your activity.

Returning your monitor

It is very important that you return your monitor at the end of monitoring period – the member of staff fitting it will clearly tell you when you need to return it. You will be asked to sign a form to state that you understand and agree to returning the monitor at the end of your monitoring. The monitor needs to be returned so that we can analyse your recording and provide the results to your healthcare team, and also so that we can use the monitor for other patients that are on the waiting list. It is allowable for a close friend, family member or neighbour to return the monitor on your behalf if needed.

Do you need to change your appointment or ask a question?

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. If you need an interpreter your referring healthcare provider should have already informed us on your referral.

Public transport and travel information

Information on public transport options to attend your appointment are available from:

Bus details: Lothian buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 0871 200 2233 or www.travelinescotland.com

Train details: 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** up to 28 days in advance to book, , or if you are hard-of-hearing or speech impaired use text relay: **18001-0300 123 1236** (calls charged at local rate) making sure you have your CHI number available (find this on your appointment letter). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr service).

