

ECG event monitor (7 days)

Your doctor has recommended you undergo a test called an ECG event monitor (7 days). ECG stands for electrocardiogram.

You might not have heard this medical term before now and may be feeling unsure about the nature of the test.

This information sheet outlines what the test is and what preparations are involved.

After you read this information sheet, you might still have questions. If you do, please contact the team at Heart HQ. We're here to help.

1. What's an ECG event monitor?

An ECG event monitor is a non-invasive test that uses a small, pager-sized device to record your heart rate and rhythm continuously over a week-long period.

While wearing the monitor, you will record any episodes of dizziness, palpitations or blackouts.

Once the test is completed your cardiologist will review the recorded rhythms and heart rate, analysing them at the times you had symptoms to determine the cause.

2. How does it work?

The device will record the data from several stickers attached to your chest wall that are connected by leads to the monitor. During the test you are encouraged to go about your normal daily activities, including exercise.

During the day, you will need to activate a specific button when experiencing symptoms. This records the data. You'll also be given a diary sheet to fill out information about your symptoms and what activity you were doing when you experienced them.

3. How do I look after my monitor?

As the device can't get wet, you'll be instructed on how to remove the monitor for showering, as well as how to re-apply the device. We suggest you wear two-piece outfits for the duration of the test.

4. What happens when the week is over?

After the week of monitoring is up, you'll return to our clinic to have the monitor removed and discuss any symptoms that may have occurred during the seven-day period. We'll analyse the monitor results and set up a follow-up appointment.

Our commitment to you

As a patient of Heart HQ, you can be assured we will always strive to act in your best interests and we will only recommend tests and procedures we believe will benefit you.

Everyone has questions, and we want to answer yours. Please contact your doctor to talk over any concerns you might have.

World-class cardiac care

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