

## Test results

Once you have returned the monitor, your results will be analysed, and a report will be sent to your GP within two working days. Your GP will then contact you and arrange an appointment should this be necessary.

## Further sources of information

### NHS Choices

[www.nhs.uk/conditions](http://www.nhs.uk/conditions)

### British Heart Foundation

[www.bhf.org.uk/information-support/tests/ecg](http://www.bhf.org.uk/information-support/tests/ecg)

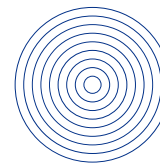
## About us

Primary Care Sheffield is a GP owned not-for-profit company formed to ensure the provision of high quality primary care services to NHS patients. We are contracted to provide community based 24-hour ECG monitoring services as part of the Any Qualified Provider (AQP) scheme.

If you would like this information in an alternative format, for example large print, easy read or a different language please let us know by calling 0114 322 3100 or by email to [pcs.enquiries@nhs.net](mailto:pcs.enquiries@nhs.net). You can also use these contact details for any other queries.

# Understanding your 24 Hour ECG Test

This leaflet gives information about your 24-hour ECG monitoring. The leaflet does not replace personal advice from a healthcare professional. Please ask your GP or contact your registered practice if you have any questions.





## What is a 24-hour ECG test?

An ECG monitor is a small, digital device that will be used to detect and record your heart rhythm continuously. It is attached to your chest using three sticky electrode pads. The device is portable and lightweight and can be worn underneath your clothing. You will not feel any discomfort during the test.

## Why do I need a 24-hour ECG monitor test?


Your GP has advised the test to aid in your diagnosis. ECG monitoring is used to diagnose many different conditions. A 24 hour ECG test can provide more data than a routine heart examination or a resting ECG.

## Fitting the monitor

Please wear a two-piece outfit to the appointment as you will need to remove your top to have the monitor fitted (you may keep a bra on). A trained Health Care Assistant (HCA) will fit the electrode pads securely to your chest for accurate results.

## Wearing the monitor

You should continue with your normal daily activities whilst wearing the monitor, but please do not allow the monitor to get wet.



You will not be able to take a shower whilst wearing the monitor. If you take medication, please continue to take your medication as usual, unless you have been told otherwise by your GP.

The leads should always be attached securely to the electrodes. If a lead does become loose whilst you are wearing the monitor, please ensure that you re-attach it again.

## Keeping a diary

When your ECG monitor is fitted, you will be given a diary sheet. Please use this diary to write down the following information during the test:

- the time you go to sleep and wake up
- any exercise that you do
- any symptoms you experience, such as headaches or dizziness
- any medication you take, and the dose
- any alcohol you consume

## How do I return the monitor?

The monitor must be returned to the same clinic you attend for the fitting and on the day agreed (usually the day after the monitor is fitted). This is because we have a limited number of monitors, and they need to be re-issued to other patients who need them.

