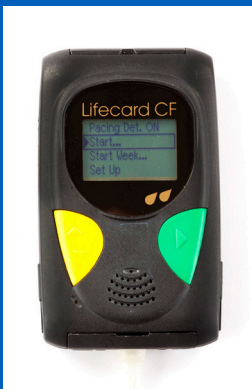


# Ambulatory ECG Monitor

Your Doctor has requested an Ambulatory Electrocardiogram (ECG) monitor; it is used to assess your heart rate and rhythm for 24 hours or longer.

The device records your heartbeat while doing your usual day to day activities and can identify any abnormal heart rates or rhythms.

Whilst wearing the Ambulatory ECG monitor you need to complete the diary sheet provided to record any symptoms you may experience including pain in chest, arm, neck or face, sickness, palpitations, dizziness and shortness of breath as the information you provide helps us when we come to analyse your recording.



## If you feel unwell or experience any of the above symptoms:

- When you first notice your symptom press either the yellow or the green button on the monitor.
- Take a look at the time on the screen of the monitor.
- Complete your diary with the time, the activity you were doing at the time you experienced the symptoms and a brief description of your symptom.

The diary sheet must be returned with the monitor to the cardio respiratory department.

The monitor can be taken off at home by yourself just before you return it to us, all you need to do is disconnect all three wires from the stickers, we do not need the stickers back.

**Please remember not to shower/bath with the monitor on as it is NOT waterproof!**

Should you experience any problems whilst wearing the monitor, please contact the department that fitted your monitor:

**Bassetlaw Hospital, Tel: 01909 572761**

**Doncaster Royal Infirmary, Tel: 01302 642456**

**Montagu Hospital, Tel: 01709 649101.**

### **Patient Advice & Liaison Service (PALS)**

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

#### **The contact details are:**

**Telephone:** 01302 642764 or 0800 028 8059

**Email:** [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)

Cardio Respiratory.

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