

Patient information leaflet Seven-day Electrocardiogram (ECG)

Cardiology department

Introduction

We hope this guide will answer your questions about your seven-day ECG electrocardiogram/ Cardiomemo Recorder. Please contact the team if you require further information via the details at the end of this leaflet.

IMPORTANT information ahead of your procedure to consider:

- Please ensure you are available to return the monitor to the department after 7 days.
- **HOSPITAL TRANSPORT PATIENTS:** Please ensure you make arrangements with transport on BOTH days of fitting and returning the monitor.
- If you are coming on a **STRETCHER**, please contact the department at 01279827195 to arrange a special appointment.
- Children are not allowed in the waiting area unattended. Staff are not permitted to supervise children so please ensure child care arrangements are in place to avoid your appointment being rescheduled.
- Please allow enough time for parking to avoid your appointment being rescheduled. We advise allowing at least 20 minutes before your appointment slot to allow enough time to park your car, as parking is limited. You may want to leave your car in an offsite car park.

What is a seven-day ECG/Cardiomemo?

A seven-day ECG monitor is a prolonged ECG (electrocardiogram) recording, widely used for monitoring a patient's heart rate and rhythm over the seven days. This test can pick up on heart rhythm problems which do not show often or have not been detected by a standard ECG.

The test involves three electrodes (stickers) being applied to your chest which are connected by wires to a small recording device. This device will record your heart rate and rhythm for the entire duration of the recording.

You do not need to stay in hospital, and you can carry on with your normal daily activities during the test.

Why do I need a seven-day ECG?

You may have had symptoms such as palpitations (the feeling of strong or fast heart beats), dizziness, chest pain or shortness of breath. A routine ECG or 24 -hour ECG has not shown up any problems, so we would like to monitor your heart over seven days to get a better picture.

Preparing for your procedure

- Please do not use body lotion, body oil, sun cream or talc the morning of your appointment.
- Consider wearing a loose-fitting top.
- Please contact us before your appointment if you require a male or female cardiac physiologist, and we will do our best to accommodate your request.
- You can eat and drink as normal.

Version 2 | Duchess Cruz Lead Cardiac Physiologist| Cardiology | Date ratified: 02/2025 | Review date: 02/2028



modern • integrated • outstanding

patient at heart • everyday excellence • creative collaboration

Medication

Please continue to take all medications as normal unless told otherwise by your doctor.

Getting to us

Please check which hospital your appointment is at. Below are the addresses for The Princess Alexandra Hospital in Harlow and St. Margaret's Hospital in Epping.

If you are attending The Princess Alexandra Hospital (Hamstel Road, Harlow, Essex, CM20 1QX).

If you are attending St. Margaret's Hospital (The Plain, Epping, Essex, CM16 6TN).

When should I arrive?

Please arrive at the cardiology department approximately 10 minutes prior to your appointment time. Unfortunately, if you are late we may have to reschedule.

The day of the procedure

During your fitting, you will be invited to a private consultation room and will be asked to undress to the waist and sit on a couch. A cardiac physiologist/technician will prepare your skin by cleaning the area with an alcohol wipe. This is to ensure the electrodes (patches) connected to device stay in place. Chest hair may need to be shaved. Three electrodes will be attached to your chest and connected to a small light weight monitor.

You wear the monitor around your waist clipped into a belt or waistband. Fitting the electrodes and monitor takes about 20 minutes.

You will be given a diary to note the date, time, and any symptoms you experience while wearing the monitor. **When recording the time, it is important to use the time that is displayed on the front of the monitor.**

The procedure

You should continue with your normal daily activities, including sport. You should wear the monitor day and night.

The physiologist will show you how to remove and reconnect the monitor, so that you can have a bath or shower at home. Only remove the monitor when you have a bath or shower, and reconnect it immediately afterwards. Please refrain from oils in the bath or shower as this can lift the electrodes.

Please indicate on the diary if you have any of the following:

- Light headedness
- Dizziness
- Breathlessness
- Palpitations
- Chest tightness
- Fainting

You can exercise while wearing the device but it is important that you indicate times of exercise on the diary. Please indicate on the diary the times you go to bed and get up in the morning.

Avoid interference with Microwave ovens, TENS machines and electric blankets, as they can interfere with the monitor.

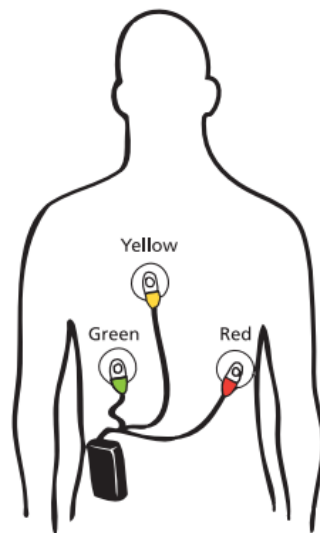
Please do not:

- stand in front of a microwave that is being used

- sleep with an electric blanket that is switched on

You can use mobile phone as normal.

Below is a diagram of how the monitor will be worn/positioned on your body.



After the procedure

Returning the monitor

Please remove the monitor and dispose of the stickers. You will be given an envelope to put the monitor after the test. Please return the monitor to the cardiology department, the main reception- there will be a black box to drop it in.

If you are asked to return the monitor on the weekend, please return to Fleming Ward, also located on the ground floor, blue zone.

Please return the monitor as soon as possible after your test. If you do not return your monitor promptly, we may have to cancel appointments for other patients. This will also cause delay in your results.

You do not have to wait to see anyone.

Results

Once you have returned the monitor, your medical team will look at the results. If necessary, they will contact you to arrange a follow-up appointment to discuss your treatment.

Can I drive after my procedure?

You are able to drive as soon as you are discharged from the department.

Can someone stay with me in hospital?

You may have a friend or family member attend with you, but they will be asked to stay in the waiting area while you are having your examination.

How soon can I return to work?

You are able to return to work as soon as discharged from the department.

Contacting the team

If you have any further questions, please contact the Cardiology Department on:

Telephone: **01279827195**

Office hours: **09:00am-04:30pm**

There is an answerphone available outside of these hours. Please leave a message with your name and hospital number and a member of the team will contact you.

Your feedback matters

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.