

# EVENT MONITOR

## INTRODUCTION

This diagnostic test is non-invasive and gives information about your hearts rhythm over a 1-2 week period and may answer questions relevant to your symptoms. The Event Monitor results will help plan the best treatment for you.

## THE EVENT MONITOR: HOW IS IT DONE?

For this test, three small sticky electrodes will be placed on the skin on your chest. A lead then connects a small recorder (the size of a mobile phone) to the electrodes. When you have symptoms you will record your event, the information is stored in the device and you will need to transmit the information over the phone for analysis. You will be able to wash during this time as you do not need to wear the monitor continuously during the 1-2 weeks. The Cardiac Technologist will show you how to reattach the monitor and reapply the electrodes.

## ARE THERE ANY RISKS?

There are no known risks associated with an Event Monitor. Please notify the Cardiac Technologist if you are allergic to Elastoplast tapes.

## ON THE DAY

Please present yourself at the reception desk at the Heart Centre, 3<sup>rd</sup> Floor, Philip Block. You must bring your Medicare card with you for billing purposes. Please wear a loose top and jeans or trousers. The monitor will be placed in a pouch and attached with a belt. This visit will take approximately 15 minutes

## WHAT HAPPENS NEXT?

You will go home with the Event Monitor attached and continue with your normal lifestyle. Whilst you do not have to wear the monitor for the whole 1-2 weeks, it is best that you wear it during the day, and if your events do not usually occur during the evening you probably do not need to wear the monitor overnight. (You can discuss your symptoms with the Cardiac Technologist.)

If you feel any symptoms, you press the event button on the recorder as shown to you by the Cardiac Technologist. **The monitor only records when you have initiated the recording by pressing the button.** You will then need to transmit the event through to Heartline (a company external to the Alfred Hospital who analyses the recordings and prepares your report). Contact numbers will be provided to you if you experience difficulties with the monitor.

You will need to return the monitor 1-2 weeks after fitting, this should only take 5-10 minutes. The Event Monitor is reported by Heartline Medical Monitors, and the report sent to your referring doctor. Your referring doctor will discuss the results at your next appointment.