

COMMUNITY CARDIOLOGY SERVICE - A GUIDE FOR PATIENTS

24hr ECG Monitor Appointment

Please ensure you return the monitor the following day before 2pm

Your appointment

Your appointment will be held at a GP surgery which offers free parking. Finding free spaces can sometimes be difficult so please leave plenty of time.

If you need to cancel or re-arrange your appointment, please call **01420 560817**.

- You will be seen by one of our clinical team who will fit the monitor for you and show you how it works. You will not see a doctor at this appointment.
- The monitor can be attached to your waistband using a clip, or placed in a trouser or shirt pocket, or attached via a lanyard so you'll need to wear appropriate loose clothing on the day.
- After the device is fitted you can return home and carry on the usual daily routine, you will **not** be able to have a shower or bath during this period as the device must be kept dry.
- The heart monitor is usually worn for a full 24 hours, if it is to be worn for longer our team will instruct you accordingly. The monitor will record your heart rate and rhythm automatically, so you won't be required to do anything.
- Fitting the monitor will take approximately 15 minutes.

The result will be reviewed by a cardiology doctor and a letter will be sent to your GP. If you need to be seen by the doctor you will be offered a further appointment in the cardiology clinic at one of our community locations.

If you have any comments or concerns about this service, please contact us on the telephone number above or email **whccg.mhccardiology@nhs.net**

For further information about the service and clinic locations please visit our website:
www.communitycardiologyservice.co.uk