



## What is an Omron?

An Omron is a portable electrocardiogram (ECG) monitor that is used to record your heart rate and rhythm. It is a handheld device which can be used to record your symptoms. These symptoms need to last at least a few seconds from onset to allow you time to hold the monitor to your bare skin.

## What happens when I come for my appointment?

*Please ask a member of staff if you require a chaperone during your appointment.*

Before being shown how to use the device, an ECG will be performed. This test requires you to remove your clothing to the waist and have electrodes (stickers) attached to your chest, wrists, and ankles. This procedure takes approximately five minutes and is painless. You will then be shown how to use the device. This will take about five minutes to explain, after which you may then get dressed.

## What happens when I have an episode?

You will need to carry the monitor with you at all times. Please do not allow the monitor to get wet. When you need to make a recording, you need to **switch on** the monitor and place your index finger closely on the two finger electrodes at one end of the monitor. You then place the chest electrode (on the other end of the monitor) on **bare skin** about 5 cm below the left nipple.

When you are ready to take a measurement, you press the **START** button on the front of the monitor while maintaining the same posture. The monitor will beep every second for about

30 seconds – you will need to keep as still as you can and not move until the measurement is complete in order to create a clear reading.

The recording ends automatically, which is indicated by 4 rapid beeps. You may then switch off the monitor. Please ignore any messages that the device may display.

## What happens after the test?

You will be provided with, and ask to sign, a waiver to return the monitor. If the monitor is lost or damaged, you may be charged for a replacement. You will need to return the device to **ECG Department in Ashford Hospital**, where you picked up the monitor on the date that you are given when you attend your appointment. Please call the department on **01784 884266** if you have any concerns.

The results will be sent to the Consultant who requested the test. The results will be reviewed, and a letter will be sent to your General Practitioner (GP) advising them of the results. You will receive a copy of this letter. This may take 2-4 weeks.

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### Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, PALS can also advise upon how to make a formal complaint.

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