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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ambulatory ECG Monitoring

Clinical Measurements Department

Patient Information

What is a Holter monitor?

This is a portable Electrocardiogram (ECG) monitoring system. It is a continuous recorder which monitors your heart rate and heart rhythm over a period of time - usually 24, 48 or 72 hours.

Why is the test done?

The test is often requested by the doctor if they suspect an irregular heart rate or rhythm (arrhythmia). This can be associated with palpitations, dizziness or other symptoms which may come and go.

What does the test involve?

The test takes about 15-20 minutes. **Please ask a member of staff if you require a chaperone during your appointment.**

A resting ECG may be carried out first; this requires you to remove your clothing to the waist and have electrodes attached to your chest, wrists, and ankles. This procedure takes approximately five minutes and is painless.

The monitor is then fitted. It is approximately the size of a mobile phone. Three sticky electrodes are securely placed on to your chest (one relatively central, the remaining two below the breast on each side of the chest) to make the recording. Some men may need to have this area shaved. The monitor can either be placed in your pocket or hung around your neck.

How do I prepare for the test?

Please do not apply creams or lotions on your skin prior to the test. Please wear loose fitting clothes that are easy to put on and take off.

What do I have to do?

You will need to wear the monitor continuously for the required duration (including whilst sleeping at night). Carry out your usual daily activities whilst

wearing the monitor. However, no bath or shower is permitted as the recorder **MUST NOT** get wet.

You will be given a diary to record any symptoms relating to your heart such as palpitations, dizziness or shortness of breath etc. The Cardiographer fitting you with the monitor will usually give you this 'diary card'. If they do not, please ask for one. This provides the doctor with further information to link any symptoms you experience to the heart rhythm in order to recommend a future care plan for you.

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 monitor to the **Cardiology Diagnostic Suite at Woking Community Hospital** on the day that you have been instructed to do so. Please call the department on **01932 722530** if you have any concerns. Your results will be sent to your referring physician, which may be a Consultant or your General practitioner (GP). The results will be reviewed, and a letter outlining the findings will be sent to you. You will receive a copy of this letter.

Please allow 2–4 weeks for this process. If you have not received your letter within 6 weeks, please contact your GP.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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